



# From Overwhelmed to Joyful:

Caring for Children (and Yourself)  
with Intention

[www.christinafecio.com](http://www.christinafecio.com)

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# About Me



Christina Fecio  
Consultant | Speaker | Strategist

Collaboration  
Resilience  
Early Childhood  
Inclusion  
Engagement  
Trust  
Growth  
Knowledge  
Joy  
Mentor  
Compassion  
Support  
Coaching  
Focus  
Connection  
Intentionality  
Workshops  
Learning Paths  
Onboarding  
Reciprocity  
Joy  
Competence  
Authenticity  
Autonomy  
Culturally Responsive  
Strategic Leadership  
Trust-Building  
Self-Care  
Disrupt

kindness  
confidence  
trust  
joy  
warmth  
optimism

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# This session is intended to help you:

- Identify simple, everyday practices that support children's sense of safety, connection, and belonging.
- Protect and replenish your own sense of joy and purpose in early care and education work.
- Explore how intentional presence, mindful noticing, and small gestures build trust, deepen relationships, and shape culture.



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You can count on me to:

- Keep it real.
- Plant some seeds.
- Share practical, actionable strategies.



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ON A SCALE OF MUFFINS, HOW ARE YOU TODAY?



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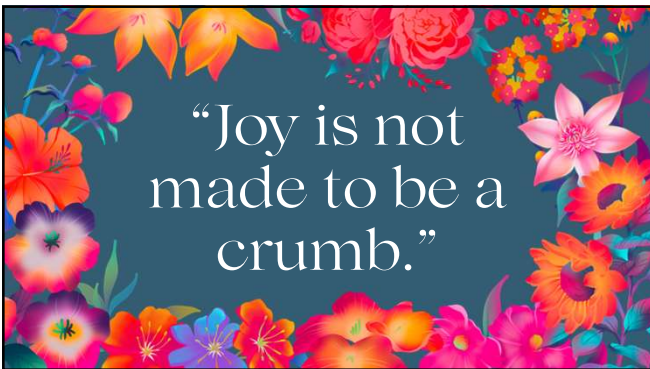
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“Joy is not  
made to be a  
crumb.”



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Choose  
Joy

Joy isn't just something that happens—it's something we can choose, even on hard days.

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Choose  
Joy



*small things*  
**GREAT  
LOVE**  
SIMPLE STRATEGIES FOR  
EARLY CHILDHOOD EDUCATORS  
CHRISTINA L. FECIO

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Joy is a  
leadership  
practice

- Joy enhances well-being
- Well-being influences behavior, climate, and retention
- Where does joy already live in your leadership?

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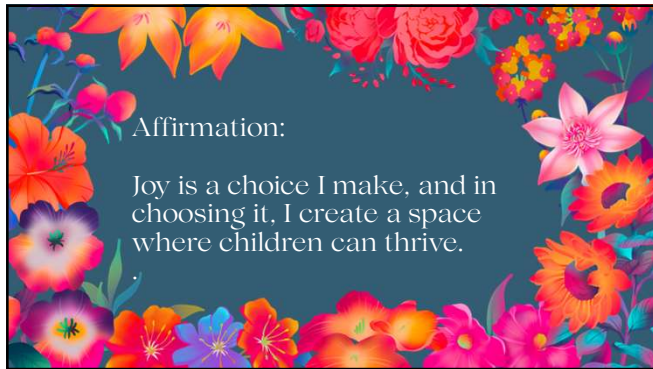
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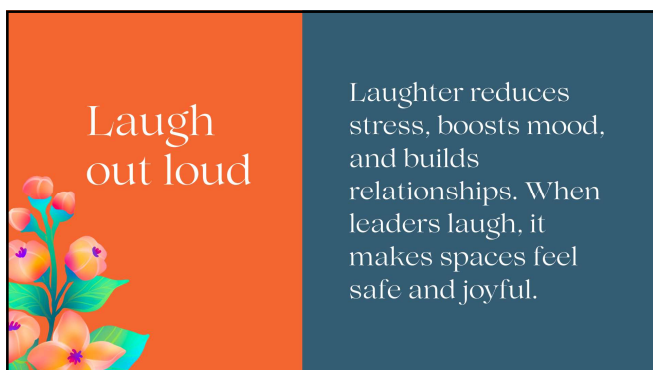
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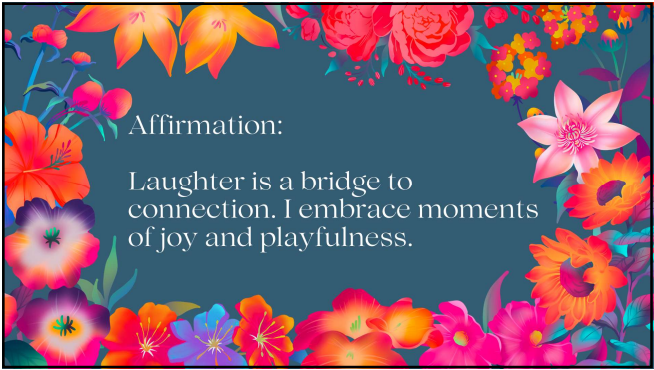
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Affirmation:

Laughter is a bridge to connection. I embrace moments of joy and playfulness.



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Burnout:  
Overload without recovery

Resilience:  
Requires rest, boundaries, and joy.



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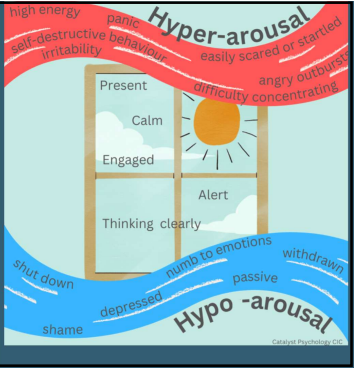
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What helps you stay within your window of tolerance?



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### Pause Point (Poll)

**Question:**  
As you listen today, what feels most supportive *right now*?

**Response options (choose one):**

1. Permission to slow down
2. Reminder that this is intended to be joyful work
3. Small practices I can apply right away
4. Feeling less alone in this work
5. I'm still figuring that out



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 <p>When do I feel most grounded and aligned in my role as a leader?</p>	 <p>What is one small joy I will intentionally create or notice this week?</p>
 <p>What daily practice or habit helps me reconnect with calm and clarity?</p>	 <p>Who can I lean on (or share a moment of joy with) this week?</p>

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6 Simple, practical actions:

- Greet children warmly.
- Provide sensory breaks.
- Offer open-ended art.
- Go outside.
- Find the good.
- **Care deeply.**

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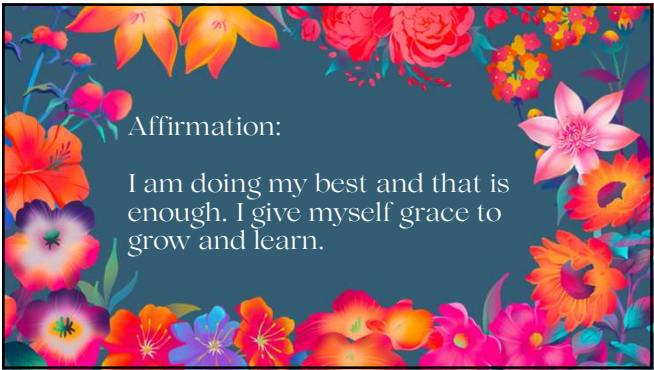
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