

Coming back to Early Years Provision





To support we can:

- Communication.
- Acknowledge.
- Clarification.
- Time.
- Wellbeing.



Staff Wellbeing Check In example:

Some example questions:

- How are you? How are your family?
- How are you supporting your own wellbeing?
- What's working well?
- What are you worried about?
- What needs to happened?

Staff Wellbeing Check in

Staff member:

Date/Time of meeting:

Method of communication (skype, telephone):

How are you and your family? <small>(caring responsibilities, children being home schooled, family members home isolating)</small>	
How have you been feeling during the lockdown? Have you done anything differently during this time to support your wellbeing?	
How are you feeling about returning to work? What support (if any) do you feel you may need when returning to work?	
Do you feel that you have had good communication with your setting/school during this time? What worked well? What could be done differently?	
Is there anything else you would like to discuss?	



Communication:

Is invaluable to reassure, but sometime in our busy world it can be overlooked and unnecessarily result in raised, anxious feelings.

Remember there are no silly questions, everything is valid.

Make a list of questions/ concerns as they come into your thoughts so that you are able to ensure they can be raised and answered.

If you do not wish to discuss face to face use your preferred communication method best for you e.g. email, ring, text, video call, etc.

It take practice to become an effective listener.

Ensure a two way flow of conversation.

Wellbeing useful links:

Take the time to 'pause' to tune in and recognise how you are feeling and then give yourself what you need. Then when you are able to do that, it will help you to be mindful of others too, bringing that sense of awareness to those around you.



5 Ways to Wellbeing

- NHS –

<https://www.nhs.uk/oneyou/every-mind-matters/top-tips-to-improve-your-mental-wellbeing/>

- Wigan Council –

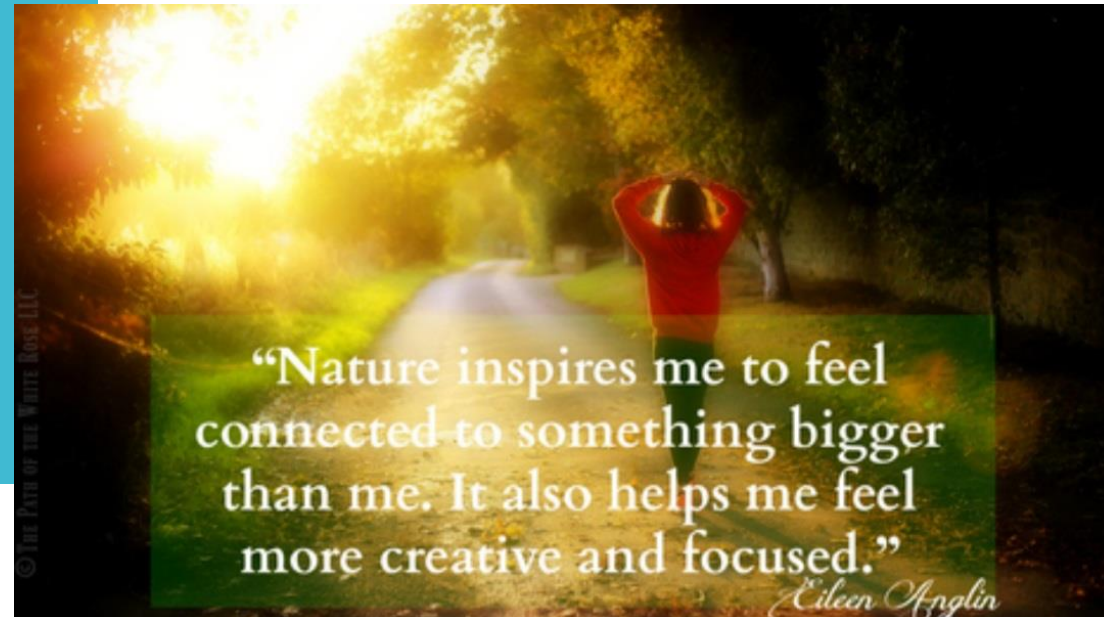
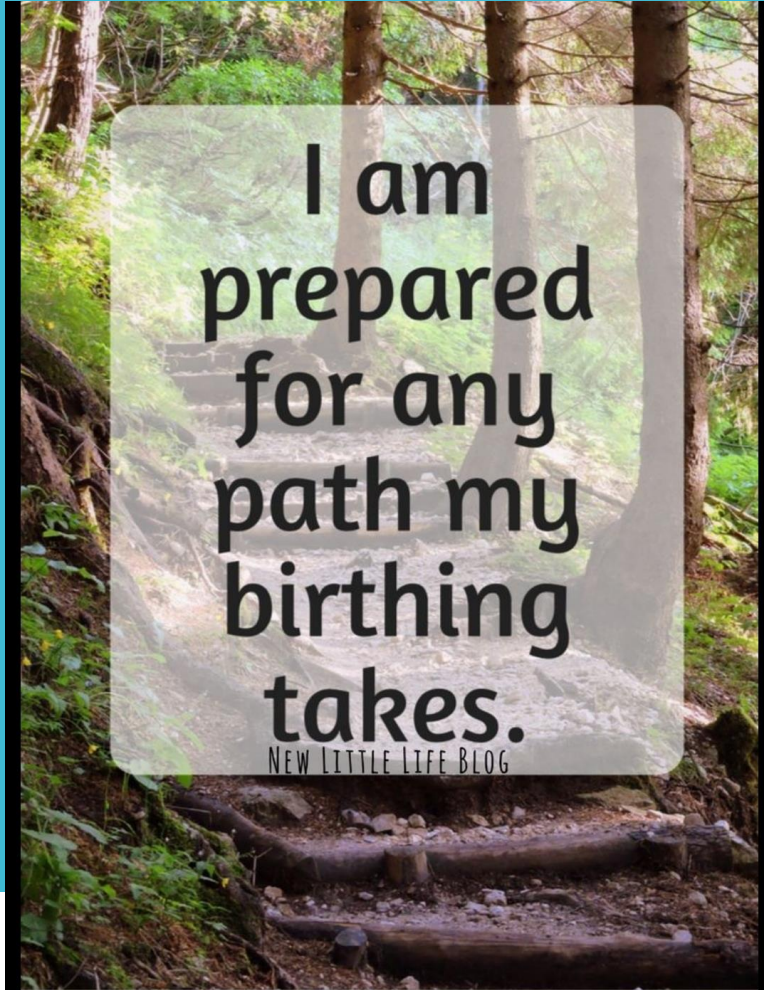
<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Wellbeing.aspx>

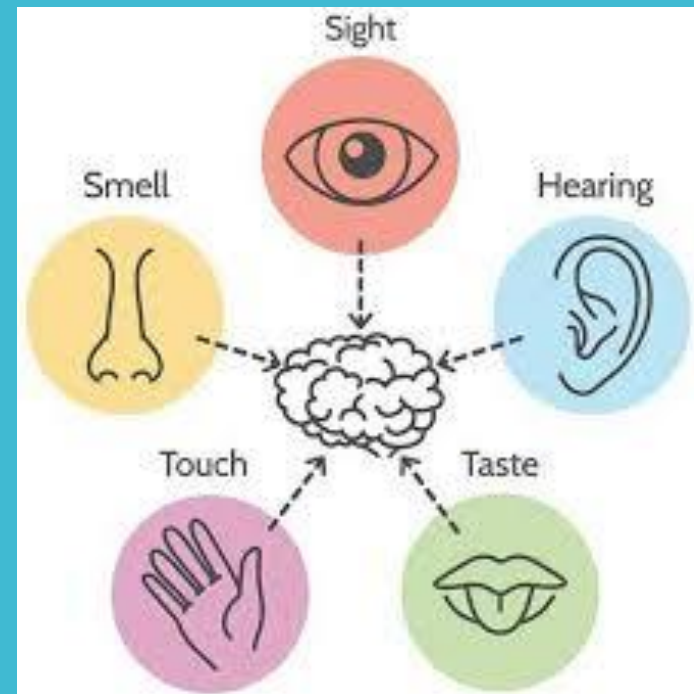
<https://www.wigan.gov.uk/Council/The-Deal/Deal-Communities/Be-Kind/Looking-after-yourself.aspx>

- NSPCC –

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

Access to Nature/ Outdoors:





Acknowledge:

By encouraging practitioners to check in with themselves it will support them to be 'in the moment', rather than worry about what is to come.

One thing I do to support myself with 'checking in' is to ask myself questions around my senses:

What can you see?

What can you smell?

What can you hear?

What can you feel?

This supports me to ground myself and more importantly remind me I am safe.



Clarification:

The 'new normal' is changing all the time as we reflect on the guidance shared and work hard to unpick, understand and try to personalise what it will look like within each of our provisions.

Remember you all have great child development and an abundance of experience, please do not move away from a common sense approach.

Consider setting up a Whatsapp group to share ideas, updated guidance, etc. but also remember to prioritise time to laugh together e.g. pick a topic e.g. what's been the funniest thing that has happened to you? To develop team moral and offer distraction.



Time:

Costs nothing but can be over looked, as time can be the hardest thing to find sometimes.

- **Perception.**
- **Intent.**
- **Connection.**
- **Immediacy.**
- **Happiness.**



Wellbeing:

Will be a focus for all of us and will be a journey we will continue to be on.

If we can dedicate the time to be kind for ourselves it will benefit our children and families, as they come back to our provisions, by supporting us to be physically and emotionally available.

Remember wellbeing is not a one size fits all and will look different for different people. You do what feels right and best for you.

Pick and Mix ideas as a starting point to personalise within your setting:



Staff water bottle to ensure they keep hydrated and be good role models for the children in drinking fresh water.



I am confident!

I am focused!

I am unstoppable!

MyMissionToEscape.com

Positive affirmations displayed at adult level e.g. backs of doors.

- Use the singing bowl to develop listening skills in a fun way e.g. all close you eye and put your hand on your head when the ringing stops.





- #teamearlyyears
- #strongertogether
- #bekind
- #wegotthis