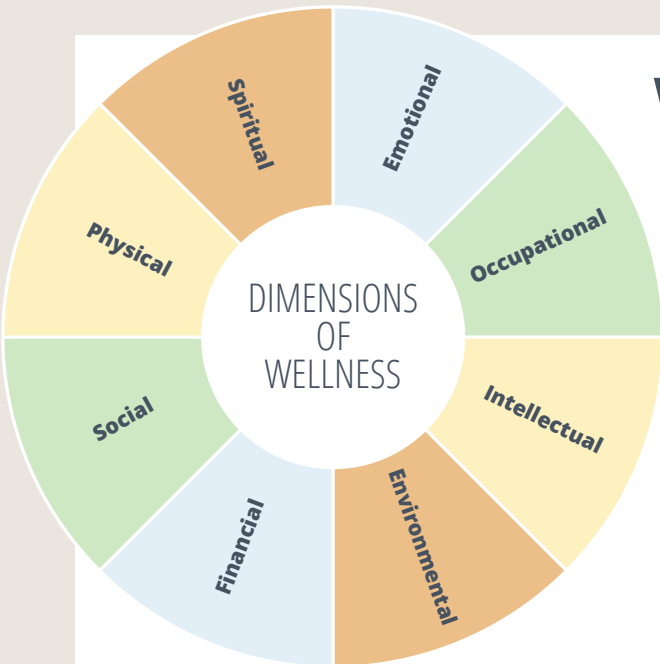


PRIORITIZING WELLNESS

for Infant and Toddler Caregivers



Why Focus On Your Wellness?

- ✓ Wellness influences our **health, behaviors, and emotions**.
- ✓ Our wellness is **vital to the care we provide** to very young children.
- ✓ Babies and toddlers need **warm and responsive caregivers** who provide nurturing interactions.
- ✓ Caregivers with good health, wellness, and well-being can engage in **meaningful child interactions** and are **better able to provide quality care**.

Physical wellness involves healthy eating habits, physical activity, appropriate health care, and ample sleep.

Emotional and mental health wellness involves using effective coping strategies, expressing feelings, sustaining healthy relationships, and enjoying life.

Environmental wellness involves occupying pleasant, stimulating, and safe environments.

Occupational wellness involves participating in enriching activities that reflect personal values and interests, including employment.

Social wellness involves developing a sense of connection and belonging and having healthy relationships and support systems.

Intellectual wellness involves expanding knowledge and skills through activities that keep our brains active and engaged.

Financial wellness involves satisfaction with current and future financial situations.

Spiritual wellness involves expanding a sense of purpose, balance, meaning in life, and peace.

Ask Yourself

- ? What Am I Already Doing to Support My Wellness in Each Area?
- ? What Can I Do to Enhance My Wellness in Each Area?
- ? What Resources or Supports May Help Me Make This Happen?

Plan for Your Wellness

Identify ways to enhance your wellness in one or more areas.

Locate resources or supports you need to plan your wellness path.

Write out your wellness goals and plan.

Revisit and reflect on your wellness plan often.

Celebrate your successes!

PRIORITIZING WELLNESS

Planning Guide



**What Am I Already
Doing to Support My
Wellness in Each Area?**

**What Can I Do to
Enhance My Wellness in
Each Area?**

**What Resources or
Supports May Help Me
Make This Happen?**

	What Am I Already Doing to Support My Wellness in Each Area?	What Can I Do to Enhance My Wellness in Each Area?	What Resources or Supports May Help Me Make This Happen?
Physical			
Social			
Environmental			
Emotional			
Intellectual			
Occupational			
Spiritual			
Financial			

