

Quality Care For Kids Newsletter

January 2024 | Emotional Well-Being

Written by Heidi Hotvedt, RN BSN,

Healthy Child Care Iowa Program Coordinator

Early care and education (ECE) providers help children grow, learn and reach developmental milestones. They support parents and families in their communities and promote quality, health, and safety in their ECE programs. They have caring connections with children. They help children explore and talk about their feelings and help build a foundation of emotional well-being.



Our ECE providers do such a great job caring for others and we need to make sure they are caring for themselves in the same way.

Activities to Support Your Emotional Well-Being



Go for a walk.



Find a calming activity that works for you.



Make a list of things that make you happy.



Make a playlist with your favorite songs.



Check in and ask yourself how you are feeling.



Call a friend.



Read a book.



Keep uplifting reminders nearby.

Resources to Support Children's Emotional Well-Being



Sesame Workshop
<https://sesameworkshop.org/topics/mentalhealth/>



Healthy Child Care Iowa
<https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>

If you need immediate emotional support, counselors at the Suicide and Crisis Hotline are available 24/7.

Call or text: 988
Online chat:
<https://988lifeline.org/chat/>



Scan the QR code to find your local CCNC or visit online at
<https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>

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