

# 4 TIPS TO HELP EARLY CHILDHOOD EDUCATORS NAVIGATE THE HOLIDAY SEASON



with more balance, comfort, and connection, at work and at home

## 1. KEEP EXPECTATIONS REALISTIC



The holidays can bring added pressure, both personally and professionally. Focus on what truly matters instead of trying to do it all. *Example:* Choose a few meaningful classroom traditions or family engagement activities rather than overloading your schedule.

[PA's Promise for Children](#) has a calendar of events to promote meaningful family engagement.

## 2. CREATE CALM MOMENTS FOR YOURSELF



Busy days can drain your energy. Take short, intentional breaks to pause and reset. *Example:* Step outside for fresh air, listen to calming music, or practice mindful breathing between activities.

Check out the [Healthy Minds @Work Program](#), available at no cost to Pennsylvania early learning professionals.

## 3. MAINTAIN HEALTHY BOUNDARIES



It's okay to say no to extra tasks or events when your plate is full. Protecting your time helps you show up more fully where it counts.

*Example:* Set limits on work emails after hours or block off personal time for rest and family.

## 4. NURTURE CONNECTION AND GRATITUDE



The holidays are about relationships and kindness. Find small ways to connect with coworkers, children, families, and loved ones.

*Example:* Write thank you notes, share moments of appreciation, or start a simple "gratitude jar" in your classroom or home.