



OVERVIEW

Shining the Light on You is a wellbeing program designed specifically for Family Child Care (FCC) professionals. This 15-week virtual program provides FCC professionals with the opportunity to discover more about the health and wellness topics that are important to them in order to meet the three program goals:

1. Improve the mental and physical health of participants
2. Increase social support
3. Increase the proportion of participants who regularly engage in self-care practices

ABOUT THE PROGRAM

Shining the Light on You (StL) is an evidence-based approach to improving the health and wellbeing of FCC professionals. The program integrates best practices from the fields of Health and Wellness Coaching and Early Childhood Education and is co-facilitated by a Board-Certified Health and Wellness Coach (HWC). HWC is built upon a foundation of behavior change theories, motivational strategies and effective communication approaches from psychology, medicine, public health, and other related fields. The table below illustrates how the components of StL match best practices from the field of HWC.

StL is a 15-week virtual program offered on Zoom and participants can receive up to 15 quality-assured professional development hours for participating. The program has three main components: group health coaching, individual health coaching, and check-in group chats.

“Listening to everybody's story made me realize mine wasn't so bad, it doesn't seem. And that we're all going through this together. We're all going through something and having that group felt like, okay I can say this and I feel good about it.

- Previous program participant



Group Health Coaching

Each week the participants and coaches engage in meaningful discussion about various health and wellness topics. The group sessions are designed to:

1. Develop individual and group wellbeing goals
2. Provide ongoing monitoring and support
3. Connect participants with existing community resources to meet goals

Topics have often included, but are not limited to, stress management, mindfulness, habits, self-care and self-compassion, nutrition, mindful eating, physical activity, yoga, sleep, time management, and financial wellness.



Individual Health Coaching

Participants in StL have the opportunity to meet with a HWC for three one-on-one sessions. These sessions provide participants with individualized support for achieving personal health and wellness goals. During the first session, participants are guided through the process of goal setting and work with their

coach to develop an action plan for reaching short- and long-term goals. During sessions two and three, the coach checks in with the participant to assess progress, talk through challenges, and revise the action plan as needed.



Check-In Group Chats

Participants are placed into small support groups of 3-5 people in order to receive and provide continued support for goals with their peers. Participants are sent weekly prompts to respond to in these group chats to spark thoughtful discussion and opportunities to share.

WHAT WE'VE LEARNED

Since the Fall of 2020, StL has successfully been completed by three cohorts of FCC professionals. Each cohort has been invited to participate in a small research study, which utilizes pre- and post-program surveys and a post-program interview, to assess changes on specific indicators of health and wellbeing and to learn about program impacts and opportunities for improvement. So far, results of the surveys and interviews indicate that **StL plays an important role in improving the health of FCC professionals, particularly in areas of stress, nutrition, physical activity, and sleep.** During the interviews, participants consistently comment on the importance of self-care and how engaging in self-care practices improves how they interact with the children they serve.

Because when you're stressed and you feel like everything's falling apart in the house, it's really hard to be pleasant and want to, you know, sit and read books and enjoy time with the kids. So I do feel like it has put me in a better frame of mind, which makes me react to the children in a much better way.

- Previous program participant

Application of Health Coaching Best Practices in *Shining the Light on You*

HEALTH & WELLNESS COACHING CONSTRUCT	INTERVENTION APPLICATION
Participant-centered approach	<ul style="list-style-type: none"> • Co-facilitation with early childhood technical assistance coach who has experience with the FCC setting • Initial survey and intake forms to assess participant needs • Regular check-ins to assess program satisfaction • Non-judgmental approach to goal setting and support
Participants set goal(s)	<ul style="list-style-type: none"> • Participants set their own goal(s) that are articulated to the Coaches and peers
Self-discovery or active listening	<ul style="list-style-type: none"> • Sessions are engaging, involve small group/pair discussion and activities, exercise and/or practice
Content education	<ul style="list-style-type: none"> • 15 weeks dedicated to participant-chosen wellness topics (e.g. mindful eating, physical activity, financial wellness) • Expert guest speakers and connection to relevant community resources
Self-monitoring of progress	<ul style="list-style-type: none"> • Weekly check-ins with peers • Text message reminders to monitor progress
Trusted relationship with Health and Wellness Coach	<ul style="list-style-type: none"> • Icebreakers with Coaches and peers • Individual Coaching sessions with HWC