

SHINING THE LIGHT ON YOU

DELAWARE INSTITUTE FOR EXCELLENCE IN EARLY CHILDHOOD
UNIVERSITY OF DELAWARE HEALTH SCIENCES



Research suggests that **improving the wellbeing of the Early Childhood Educator (ECE) workforce** can:

- improve job satisfaction
- improve retention
- improve quality of care provided in ECE settings

DIEEC, in partnership with Dr. Laura Lessard and Health and Wellness Coaches from the Department of Behavioral Health and Nutrition, designed an innovative wellbeing program specifically for family child care (FCC) professionals.

Shining the Light on You, a program jointly facilitated by a DIEEC Technical Assistant (TA) and a Board Certified Health & Wellness Coach, includes a weekly group session as well as group and individual health coaching.

FAST FACTS TO DATE:

56+
participants

6
cohorts

60 weekly
group sessions

Offered in
English and
Spanish

2,520 minutes
of individual
coaching

34 individual
health coaching
participants



WHAT PARTICIPANTS ARE SAYING:

"I would recommend [the program] to every last one of our child care providers... because it really, it's just, you're just so different when you come outta there. You're a different person."

GOALS:

- improve the overall wellbeing of FCC professionals
- increase social support among FCC professionals
- increase the proportion of participants who regularly engage in self-care practices

OUTCOMES:

- increase in number of days engaged in moderate to vigorous physical activity
- personal and workplace stress scores reduced by 14%
- fewer days where physical/mental health was not good
- fewer times/week eating fast food and more times/week eating dinner around a table with family or friends