

Be Well Care Well

The Be Well Care Well program is designed to help you take care of yourself - by supporting your physical, emotional, economic and social well-being - so you can take care of children.

The South Carolina Program for Infant and Toddler Care (SCPITC) invites your child care program to participate in a new well-being program for child care providers! We know that working with little kids can sometimes be challenging. Research shows that caregivers who take care of themselves are ready for that challenge and better able to provide the kind of responsive, individualized care that all young children need. Supporting the well-being of caregivers has a positive impact on them as individuals and also on the children in their care.

Each child care program participating in Be Well Care Well will:

- Work with a Well-Being Coach who will assist with linkages to local community health and wellness partners, and create fun activities and learning opportunities that promote overall well-being.
- Form a Well-being Committee with a minimum of three members including a program administrator or owner, teacher, and a family representative. This committee will have the responsibility of working with the Well-Being Coach to create a well-being plan for their program by selecting goals from a list of suggested well-being activities.

Well-Being Coaches will work with your Well-Being Committee for 6 months to a year to support achievement of the goals you set. The program offers incentives and awards to participants who meet goals along the way!

Ready to get started? Complete the application, send it to SCPITC, and someone from the program will contact you by telephone to take the next step!

Questions? Contact Lucie Maguire for more information: maguireL@musc.edu

Program Information

Program Name:		
Program Type: Please check all that apply.	<input type="checkbox"/> Private, Chain <input type="checkbox"/> Private, Independent <input type="checkbox"/> Non-Profit <input type="checkbox"/> Head Start <input type="checkbox"/> Faith-Based <input type="checkbox"/> Public	
Number of Staff:	Number of Children Served:	Ages served:
Address:		
City:		County:
State:		Zip:
Email:		Main Phone:
Primary Contact Name:		Job Title:
Direct Phone:	Email:	Fax:

1. Are you enrolled in ABC Quality? Circle one: Yes No
2. Do you have a current, valid license or registration? Circle one: Yes No
3. Have you ever participated in the SC Program for Infant/Toddler Care? Circle one: Yes No
4. Does your program have the Breastfeeding Friendly Child Care designation? Circle one: Yes No

Reason(s) for applying – tell us why you are interested in participating in this program:

Please provide classrooms information below:		
Name of Classroom	Age Groups	Last Name of Lead Teacher

What's expected of participants?

- Selection of a Well-Being Committee (see below for more detail)
- Meet with Well-being Coach at least monthly at agreed upon times
- Allow evaluator to visit at the start and end of the project to conduct observations.
 - We are working with researchers at MUSC to collect observation data using the CHILD Assessment to help us measure the impact of the Be Well Care Well project.
 - All data collected will be kept confidential and only be used to evaluate the project for project success and areas of improvement.
- Staff completion of multiple questionnaires at the start and end of the project.
 - We are working with researchers at MUSC to collect data from participants that will help us measure the impact of the Be Well Care Well project. Individuals will be offered a small incentive for completing questionnaires at the start and end of the project.
- A commitment to embracing well-being through fun and informative activities!

Selecting a Well-being Committee

Please begin considering the names of the persons who will be on your Well-being Committee. The expectation is that your committee members meet together with the Well-being Coach at least once, at the beginning of the project, to select well-being goals. After the initial meeting the committee can decide how frequently it meets and whether those meetings will be primarily through email, phone calls or face-to-face. The role of the committee is to share ideas and develop strategies to help their program achieve their well-being goals. The Well-being Coach will support your committee all along the way!

Your committee can include as many individuals as you'd like and we ask that you have a minimum of three. When considering who you'd like on your well-being committee, think about individuals in your program who are already engaged in fitness, health or well-being activities. You'll want an enthusiastic committee comprised of individuals who are fun, energetic and encouraging.

We realize that everyone's time is limited so rest assured that the work of this committee will not be overwhelming and everyone's role can be adapted as needed to allow for participation. If you have trouble identifying a family representative who can regularly participate, for example, you might ask only that a parent commit to giving feedback about certain ideas that can be discussed briefly during pick-up a couple times a month.

If you are ready to identify your Well-being Committee at this time, please list their names below. If you need more time, you may leave this portion blank.

- a) Administrator or Owner:
- b) Teacher(s):
- c) Additional committee members (i.e. family representative):

Thank you for competing this application and your interest in Be Well Care Well.

Please scan and email the completed application to:

scpitc@musc.edu
or fax to: (843) 876-2844

You may also mail your application to:

SCPITC – Be Well Care Well
MUSC
1 Carriage Lane, Unit J
Charleston, SC 29407

Well-Being Activities

Following is only a sample of the well-being activities that programs may choose from to develop their Well-being Plan. The Well-Being Coach will provide a more comprehensive list of activities for each program along with suggestions and resources for achieving each goal.

Getting Started - Required
Establish or continue an active Well-being Committee (minimum 3 members including Owner/Administrator, Staff Members).
Physical Activity & Nutrition
Staff participate in physical activity <i>with</i> young children for 5-10 minutes at least 2x a day.
Provide information to staff and families about fitness opportunities in the community (for children or adults).
Provide on-site exercise classes (ex. Zumba, kickboxing, Pilates, yoga, etc.)
Relaxation and Reflection
Bring stress relief opportunities for staff into center (i.e. meditation, deep breathing, yoga)
Coordinate affordable and accessible massage opportunities by offering chair massages or negotiating discounts with local massage therapists.
Create a quiet, meditative space where staff can go to relax during their break times. Space must be separate from workroom area and must not have copy machines, etc. Space may be inside or outside.
Culture of Well-Being
Post weekly notice or tip regarding nutrition or physical activity where staff can easily see.
Coordinate annual preventive health screenings for staff (i.e. cholesterol, BMI, glucose, or blood pressure)
Coordinate a healthy nutrition or cooking class, or healthy shopping tour for staff
Provide fresh fruit/veggie options at staff meetings
Incorporate “Brain Breaks” or 3 minutes of other physical activity (PA) break at staff meetings and parent gatherings
Conduct employee well-being needs or interest survey yearly with staff
Team Building
Celebrate staffs’ personal and professional achievements (achieving health goals, new babies, academic achievements, birthdays, etc.)
Participate as an employee team (minimum of 3-person team) in a community walk/run or other event

Implementing a weight management program or other health challenge into the program for teachers/staff/families (ex., Fitbit challenge, hydration challenge, Weight Watchers, Biggest Loser-type competition, etc.)

Create/maintain a staff walking or running group (3+ members)

Sustainability

Create/maintain a community partnership with a business or organization that will sponsor or collaborate on healthy events.

Create fundraising opportunities that support health and well-being