

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.

Participating programs 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 one 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: Lmaguire@scpitc.org



Program Information

Date:

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:	Zip:
Email:	Main Phone:	
Primary Contact Name:	Job Title:	
Direct Phone:	Email:	Fax:

YES NO

1. Are you enrolled in ABC Quality?

2. Do you have a current, valid license or registration? No

3. Have you ever participated in the SC Program for Infant/Toddler Care?

4. Does your program have the Breastfeeding Friendly Child Care designation?

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

Selecting a Well-being Committee

Please begin considering the individuals who will be on your Well-being Committee. The expectation is that your committee members meet together with the Well-being Coach at least 4 times over the year, but as often as monthly. A crucial meeting is at the beginning of the project to select well-being goals. After the initial meeting the committee can decide how frequently it meets and when the meetings will take place during the workday. In order to receive BWCW services, the Director must agree to release Well-Being Committee members from their classroom responsibilities at agreed upon Well-Being Committee meeting times (typically 30 minutes).

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 communicate regularly with the committee to share opportunities and resources. 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.

Program Participation as a Whole

- Well-being Coach will visit monthly (or more) at agreed upon times
- Programs must allow evaluator to visit at the start and end of the project to conduct observations, if selected.
 - 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 must complete a group of 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!

Please acknowledge you've read the *Well-Being Committee* description and expectations:

Signature of Director:

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.

- | | <u>NAME</u> | <u>EMAIL</u> |
|---|-------------|--------------|
| 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:

info@scpitc.org

OR by mail: SCPITC – Be Well Care Well

1 Carriage Lane, Unit J

Charleston, SC 29407