



WELLBEING

GUEST SPEAKER - SANDIE WONG



Sandie Wong, Associate Professor at Macquarie University, and a Research Fellow with Goodstart Early Learning, discussed educator well-being during COVID times, drawing on findings from the Early Childhood Educator Well-being Project, a large survey of educators conducted during 2020.

These findings included:

- Despite most ECEC services remaining open during the pandemic, educators reported feeling ill-informed and unprepared for the changed working conditions associated with COVID.
- Educators, by-and-large, felt unsupported by Governments, and negative stereotypical societal views about ECEC.
- Few educators were provided with mental health or psychosocial supports by their employers.
- Educators' mental and physical health, and emotional and financial well-being, were negatively impacted by the pandemic.
- Nevertheless, educators remained optimistic about their personal accomplishments during COVID and some shared positive coping strategies they used.
- To support the ECEC workforce through future critical incidents and protect educators' well-being so that we are better prepared for future crises, we need to enact policies and practices that bolster educators' resilience and reduce stress.

To read more information about the

Early Childhood Educator Well-being Project  **CLICK HERE**



IDEAS TO HELP

Coping Strategies have included:

- Being compassionate to each other.
- Reducing unnecessary work.
- Creating a quiet zone for educators and children.
- Gathering information from trusted sources.
- Caring for ourselves before we care for others.
- Using BeYou – as a resource to support wellbeing for educators.
- Developing a Wellbeing Policy for the service.
- Implementation of weekly meet and greets with each staff member.
- Having “gratitude” as an agenda item on staff meeting agendas.
- Including the whole service team in making decisions and implementing changes to practice, to reduce the burden on one person and to have a team approach to managing change.
- Planning to manage increased potential risks e.g a positive COVID case within the service.



The Future:

- Protect educators' wellbeing.
- Acknowledge work done.
- Provision of clear consistent information.

Clinical Supervision:

- Clinical supervision has shown to be very beneficial to leaders in early childhood. The clinical supervisor allows service leaders to debrief, to discuss their challenges, to develop strategies.

if you need further information

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