



Be Well. Care Well.

Be Well Bulletin

May is a powerful month! A time where we celebrate **Child Care Provider Appreciation Day** and recognize **Mental Health Awareness Month**.

To every child care provider:

You show up daily with patience, love, and strength, even on the hard days. What you do matters more than words can fully capture. But this month, we want to gently remind you of something important: *You deserve care too.*



Supporting young children requires emotional energy, and that's why your well-being isn't just important, it's essential. When you take time to reset, refuel, and reconnect with yourself, you show up stronger for the children and families you serve.

Let this month be your permission to:
Pause without guilt
Set boundaries without explanation
Choose rest without earning it

Because a well-supported provider creates a well-supported environment. ***Thank you for all that you do!***

UPCOMING EVENTS & TRAININGS

Child Care Provider Appreciation Day

May 8, 2026

Teacher Appreciation Week

May 4-8, 2026

SC Thrive: Emotional Intelligence

May 14, 2026 - 6:30 PM - 8:00 PM

MAY 2026



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Mental health shapes how we think, feel, and show up each day. Taking care of it can be simple! Move your body, practice mindfulness, stay connected, and reach out for support when needed. Prioritizing your well-being helps you feel more balanced, supported, and fulfilled.



YOUR MENTAL HEALTH MATTERS!

DID YOU KNOW?



Early signs of burnout in child care providers:



Feeling emotionally drained at the end of the day.



Increased irritability or impatience.



Trouble sleeping or constant fatigue.



Feeling less motivated or disconnected.



Difficulty focusing or making decisions.



Getting sick more often than usual.



If you recognize these signs, it may be time to slow down and *prioritize your well-being.*



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