



Be Well. Care Well.

Be Well Bulletin

Make Space For You

Days in child care can move quickly, with routines, responsibilities, and unexpected moments all competing for your attention. When there's always something that needs to be done, it can be easy to fill every available moment. This September, we're focusing on the idea that well-being doesn't always mean doing more. Sometimes, it means making a little more space for yourself.

This month, we're encouraging you to Make Space for You. Find small ways to make room for something you enjoy, support when you need it, a slower moment, or something that can wait until tomorrow. Being intentional about what gets your time and energy can help you stay connected to what feels good and what you need right now.

WELL-BEING CHALLENGE

What's one thing you keep saying,
"I've been meaning to..."?
Choose one and make space for it
this month.

Pause & Reflect

What can you make less
space for so you have more
room for what matters?



Try This!

Before saying "yes" to
something, ask yourself:
Do I have the
time and energy
for this right now?



A Little Permission Slip

Today, you have permission to...

Ask for help.
Change your mind.
Make time for something you enjoy.
Leave something for tomorrow.



SEPTEMBER 2026