



Child Care Lounge



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## CARING FOR YOURSELF AS A CAREGIVER ONLINE CLASS (3 clock hours)

**CLASS DESCRIPTION:** This training is designed to help child care providers avoid burnout. This training will help you learn how to care for yourself while caring for children.

**LEARNING OBJECTIVES:** As a result of this training, participants will be able to:

- Recognize the importance of knowing yourself, both strengths and weaknesses
- Identify your stressors
- Identify your personal coping mechanisms for stress
- Set goals and list the steps needed to achieve them
- Evaluate your child care environment and schedule
- Recognize the need for self-nurturing
- Create and employ your own self-care routines

## WHAT OTHERS ARE SAYING:

I really enjoyed reading through the stress reducing techniques. I will definitely use more of them in the weeks and years to come!

– Joelle L., MA

The techniques that I have taken away from this class will help de-stress my life. I have also found a new respect for what I do that I thought I had lost.

– Amy H., PA

I realize that I take care of everyone but myself. That must change. This class gave me wonderful ideas and really made me see how I have neglected myself.

– Sheree L., LA

I always felt guilty in the evenings when I wasn't constantly working or doing something around the house. I am more relaxed now in the evenings, knowing that I am allowed to have some me time. Thank you.

– Kathy W., PA