![Australian Children's Education & Care Quality Authority logo]

SUPPORTING EDUCATOR WELLBEING THROUGH THESE CHALLENGING TIMES

Well-supported educators and staff are critical to quality education and care and outcomes for children, families and communities across Australia. When approved providers and service leaders focus on the wellbeing of their team, they can influence the confidence of all involved.

To build resilience, the development of strategies to support individual staff members and teams is now, more than ever, important.

This information sheet can be shared as a way to build and support your team's wellbeing. Included is information to support service leaders in their important role, as well as information that can be used to support the team.

At this time, it is important for service leaders to take a moment to reflect on and review their current practices and strategies to support the wellbeing of their staff. Leaders know their educators, teachers and staff, and what support will suit them best.

STAY INFORMED

Being informed and having access to up-to-date, accurate information is a key to debunking misinformation and empowering educators and staff. UNICEF has developed this quiz to help build understanding of COVID-19, which is a good way to test how much you and your colleagues know about the virus.

It is important to access information from accurate sources and key websites for information include:

- **Australian Government Department of Health** has developed the Healthy Workers Initiative, a website with information and resources on how to develop and implement your own workplace program, including tools, policies and links to State and Territory resources, case studies, benchmarking data and a special Wellbeing checklist.
- **Australian Government** Coronavirus Australia app can be found in the Apple App Store or Google Play. You may also want to join their official WhatsApp channel on iOS or Android.

GOVERNMENT INITIATIVES

It is important to check your local State or Territory Government website for up-to-date information. A number of these Governments have also developed information, resources and useful tools related to wellbeing in the workplace. Some examples include:

- ACT Government's Healthier Work initiative has developed a *Guide to Promoting Health and Wellbeing in the Workplace*. This provides a simple and detailed guide to choose from as well as a list of useful additional resources.

THE SPACES, PLACES AND ENVIRONMENTS THAT YOUR TEAM WORK IN CAN SIGNIFICANTLY CONTRIBUTE TO THEIR WELLBEING.

- **Government of South Australia and SA Health** have developed a [Workplace Health and Wellbeing Toolkit](). This is a step by step guide for organisations to develop a successful workplace wellbeing program.
- **Worksafe Victoria** has developed a [Healthy Workplace Kit](). This is a guide to implementing health and wellbeing programs at work and is especially useful for employers.

SECTOR INITIATIVES

Sector organisations have also developed a range of articles, fact sheets, resources and videos, including:

- ACECQA has developed a series of posters on the importance of [educator wellbeing]() through the lens of the National Quality Standard.
- Early Childhood Australia (ECA) has a range of free blogs and strategies shared by Early Childhood Education and Care services or compiled by sector thought leaders on [The Spoke](), including on infection control training and how to talk with children.
- Family Day Care Australia's wellbeing campaign [Your Wellbeing Matters!]() shares information and tips for family day care educators, and explores factors that can contribute to their positive personal wellbeing.
- [Wellbeing Australia]() has developed a range of resources and research to use and share with educator teams.
- [Be You]() developed fact sheets which can be shared with educators as they explore the importance of mentally healthy workplaces and the benefits for staff wellbeing. The fact sheets have been developed in line with seven themes:
  - [Wellbeing]()
  - [Development]()
  - [Social and emotional learning]()
  - [Relationships]()
  - [Mental health issues and conditions]()
  - [Mental health support]() and
  - [Grief, trauma and critical incidents]().

Be You has also developed a resource to help educators respond to the mental health impact of the Coronavirus (COVID-19) outbreak, which can be found on their [Coronavirus News page]().

- [The Black Dog Institute]() provides useful information and fact sheets on workplace wellbeing, the role you can play in creating a mentally healthy workplace.
- This video from [Heads Up]() asks, as a service leader, are you unsure how to start or change strategies for workplace wellbeing? It helps to identify some key areas to consider for individuals and teams.
- [In this video](), Albert Park Preschool's Centre Director Jenny Whelan talks about the service's wellbeing program and the positive impact it's had on their educators, children and families.

INTERACTIVE INITIATIVES

There are many practical suggestions to enhance wellbeing. If you haven't already, think about joining the [Be You Learning Community](). This free 'whole learning community approach' is an excellent way to foster a resilient child and educator community that is both positive and inclusive. [Building Resilience in Teacher Education]() (BRiTE) is another available online professional learning program that supports educators to identify skills and strategies to build resilience. The program contains five interactive modules focused on building resilience, relationships, wellbeing, taking initiative and emotions.

The spaces, places and environments that your team work in can significantly contribute to their wellbeing. You might like to think about ways to [create a sanctuary]() for your educators and staff – Community Early Learning Australia's website includes ideas.