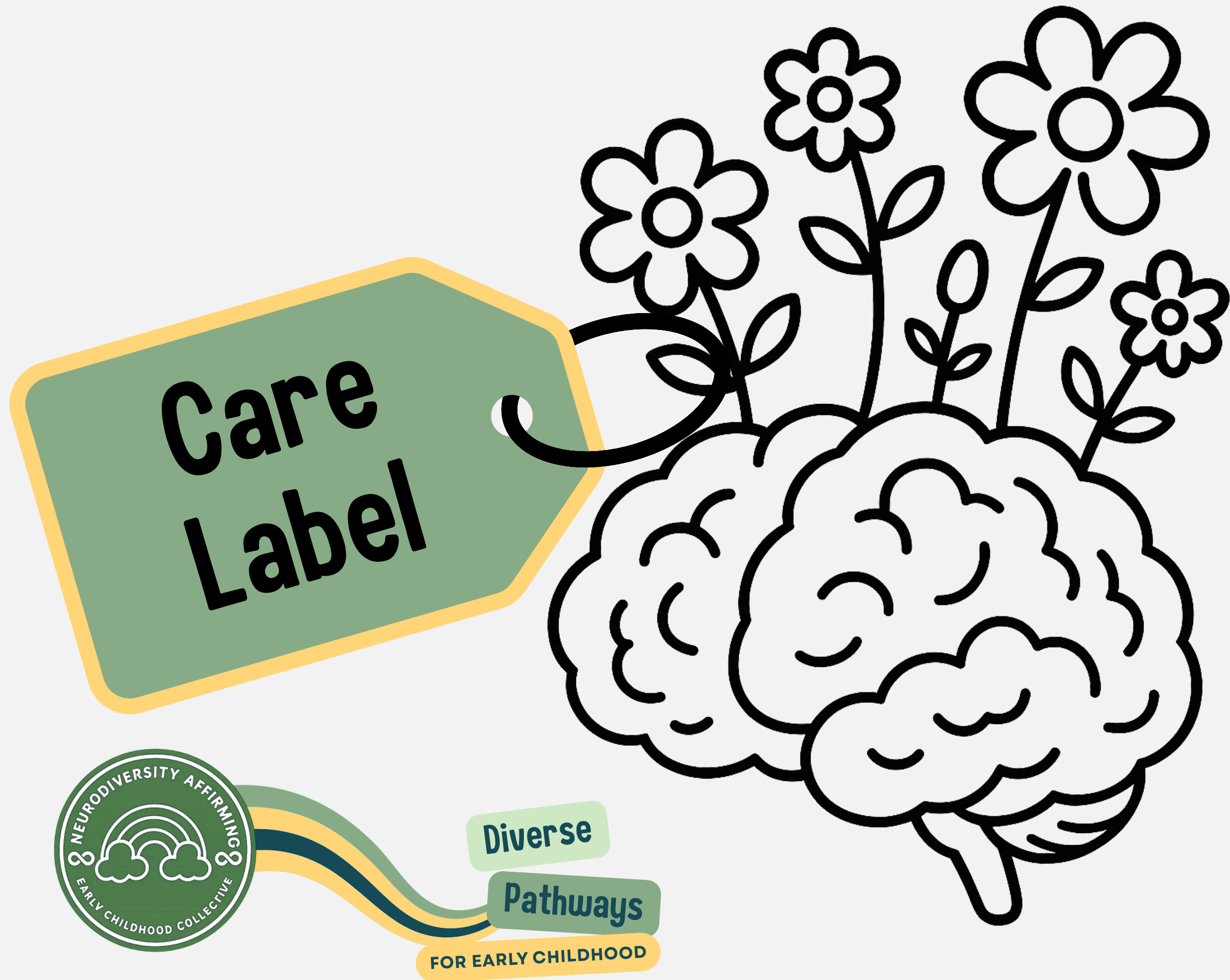




Just like a flower needs the right conditions to thrive, humans do too. When you buy a plant, it often comes with a care label explaining how to help it grow. In the same way, we can create our own care labels to help others understand what supports us to thrive, replenish, feel balanced, and bloom.

The Educator Care Label

Because humans sometimes need care instructions too.

Just like every plant has a different care label, some needing full sunlight, others thriving in shade, some needing a daily drink while others prefer to dry out between waterings, we all have our own conditions for growth.

The Educator Care Label invites you to pause and reflect on what helps you to thrive, replenish, and feel nourished in your work. It is a simple, nurturing way to honour your needs, your energy, and your unique lived experience within the early years environment.

This is not about self-care as a buzzword. It is about recognising that educators are part of the ecosystem too, and that your wellbeing shapes how you show up for children, families, and colleagues.

How to use it

Think of your care label as your personal “instructions for thriving.” You might reflect on:

- **Light:** What gives you energy or inspiration?
- **Water:** What replenishes you when you are running low?
- **Temperature:** What conditions help you feel safe, at-ease, or creative?
- **Soil:** What kind of environment or team culture helps you stay rooted?
- **Growth signs:** How do you know when you are thriving and when you are not?

You can keep it private, share it with your team, or use it as part of reflective practice. The goal is simple: to notice, name, and nurture what you need to flourish.



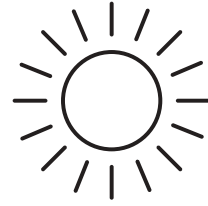
Sunlight

Thrives best in:

- Spaces where curiosity is valued over perfection.
- Teams that celebrate small wins and humour.
- Morning light in my environment before the children arrive with a cup of coffee.

Avoid:

- Meetings that focus only on deficits or compliance.
- Environments where difference is quietly judged in staff and children.



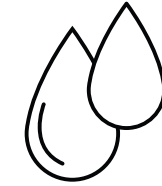
Watering

Replenished by:

- Time outside, even five minutes to self-regulate
- Music or a good podcast on the way home.
- Laughing with colleagues about the day's small chaos as a way of diffusing.

Signs I am running dry:

- I rush through transitions.
- I stop noticing children's joy.
- I feel detached from play.



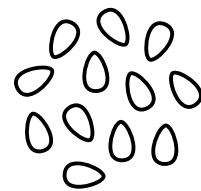
Nutrients

Fed by:

- Conversations that make me think differently.
- Time with colleagues who are also curious about neurodiversity.
- Reading a short article or listening to a podcast during planning time.

Avoid:

- Working through lunch.
- Endless checklists or to do lists.



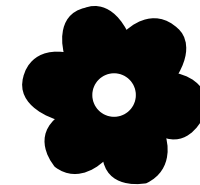
Seasonal Notes

Blooms:

- When creativity is encouraged.
- When I can bring my passions (art, movement, nature) into practice.

Wilts:

- After inspections or big transitions.



Diverse

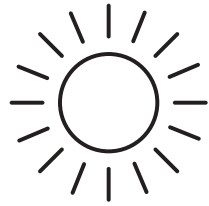
Pathways

FOR EARLY CHILDHOOD

Sunlight

Thrives best in:

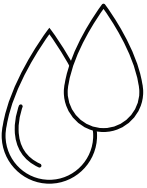
Avoid:



Watering

Replenished by:

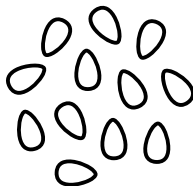
Signs I am running dry:



Nutrients

Fed by:

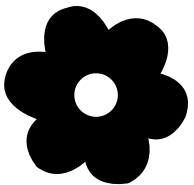
Avoid:



Seasonal Notes

Blooms:

Wilts:





Diverse

Pathways

FOR EARLY CHILDHOOD

SIGN UP...

www.diversepathways.org



queries@diversepathways.org



[diversepathways_earlyyears](#)

