

# Small Steps Create Long-Lasting Change

Experts tell us it takes 21 days to form a new habit; small steps done consistently over long periods of time result in permanent change. Keep in mind that change is a process, not an event; results will come over a period of time!

## Tips for Taking Care of Yourself:

1. Add one fruit or vegetable to your personal menu. Try something new once a month!
2. Park at the end of the row furthest from the store; this adds extra steps to your day.
3. Drink 8 oz more of water than you normally do. Water helps your body's immune system as well as boosting alertness.
4. Go to bed 15 minutes earlier. Sleep is when your body recovers from the stress of the day. Lack of sleep can cause illness and irritability.
5. Take one hour per week to do what you love to do! Explore a hobby, recreational sport or get together with a friend.
6. Take 15 minutes every day to rest your mind and body. Closing your eyes and allowing your body and mind to relax increases energy levels and eases stress.

## Tips for Taking Care of Your Child Care Business:

1. Add 15 more minutes for outdoor time. Fresh air is healthy for the children and adults!
2. Try one new food each week with the children. Think color, texture and nutrition!
3. Use one new transition technique each month. Finger plays, songs with motion and storytelling can help make transitions smooth by creating less wait time.
4. Rotate one-quarter of your toys once a month. Children's brains seek novelty; toy rotation is an inexpensive way to keep things exciting!
5. Attend a professional development event! Local, state and national training events rejuvenate, inspire and give support to your ideas and your business.
6. Set aside at least 20 minutes a day to get your business paperwork in order. Staying on top of food program, licensing and tax forms reduces stress and increases productivity and time with your family.

Stay positive, seek advice from a knowledgeable coworker, friend, fellow child care provider, etc. Support to begin your journey and meet your goals takes patience, perseverance, planning, and most of all it takes the willingness to try!

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