



# Early Childhood Educators' Well-being Project (ECEWP)

ISSUE 5 – DECEMBER 2020

## Introduction

Welcome to the fifth edition of our ECEWP newsletter. It has been a very challenging year where our sector has experienced the impacts of drought, bushfire, floods and coronavirus. Early childhood (EC) educators' well-being has been more crucial than ever.

We are now hopefully moving into a more settled period. We wish you and your loved ones a safe and peaceful holiday season and we look forward to furthering our research into educator well-being in 2021.

## Recent presentations

In the second half of 2020 we have been presenting our research – and providing training to educators – via a number of online workshops and events focused on educator well-being.

### Independent Education Union



On 15 September, Sandie Wong and Tamara Cumming presented a workshop on teacher and educator well-being to over 100 members of the IEU. Only 20% of the EC educators we surveyed as part of our research were union members. This was surprising given the importance of unions in progressing educator well-being and other aspects of educators' work. We have also been in discussions with the United Workers Union about how educator well-being can best be supported.

### Community Connections Services Australia



During October and November, the ECEWP team presented a series of seminars, titled *Thrive at work: Leading well-being in your EC service*, to CCSA leaders and educators. The seminars introduced participants to a definition and holistic conceptualisation of EC educator well-being; what we know about well-being from research; the ECEWP; organisational, physical and psychological factors that impact well-being; leadership for well-being; developing a plan to assess well-being at the service level; and sustaining and advocating for educator well-being.

### Early Childhood Voices 2020

In November, ECEWP researchers presented research findings at the [Early Childhood Voices 2020 online conference](#) from two important perspectives. Helen, Tamara and Sandie spoke about [sustaining EC educator work-related well-being from an organisational perspective](#).

**Sustaining early childhood educator work-related well-being: Perspectives from early childhood organisational stakeholders.**



Dr Helen Logen



Dr Tamara Cumming



AssocProf Sandie Wong

Presented online at the Early Childhood Voices Conference (ECV2020), 16-20 Nov. 2020 – Charles Sturt University, Bathurst, Australia.

Tamara, Sandie and Helen also shared findings from the [perspective of EC educators about their own well-being](#).



## COVID-19 sub-projects

We are currently conducting a number of sub-projects investigating the impact of the COVID-19 pandemic on EC educators and services.

Helen Logan is preparing a case study of how leaders are supporting educator well-being in ECEC organisations during the pandemic (funded by the CSU Faculty of Arts and Education research assistance scheme.)

Laura McFarland is planning a project to undertake content analysis of social media posts in relation to educators' well-being and support-seeking during the COVID-19 pandemic.

Tamara Cumming is updating our existing survey to explore the impact of COVID-19 on educators. This survey will be distributed in Australia and internationally through new research partners in Finland, Hong Kong and Canada.

## Recent publication



Our article on managing well-being in challenging times appeared in the July issue of *Rattler*, the magazine of Community Early Learning Australia. Because educator well-being is the responsibility of educators *and* their

organisations, our article explores the views of senior managers of EC organisations.

It confirms that educator well-being involves numerous complex challenges for organisations and makes a range of recommendations.

## Resources for educators

### SUPPORT FOR YOUR MENTAL WELL-BEING

Your GP

Mindspot: <https://mindspot.org.au/>

Head to Health: <https://headtohealth.gov.au/>

Australian Psychological Society:  
<https://psychology.org.au/Find-a-Psychologist>

Beyond Blue: <https://www.beyondblue.org.au/>

Be You: <https://beyou.edu.au/>

NSW Government:

<https://education.nsw.gov.au/early-childhood-education/whats-happening-in-the-early-childhood-education-sector/resource-library/mental-health-and-wellbeing>

### SUPPORT FOR YOUR PHYSICAL HEALTH

Australian Government Health:

<https://www.health.gov.au/health-topics/exercise-and-physical-activity>

Get healthy at work (NSW Health):  
<https://www.gethealthyatwork.com.au/>

Get healthy (NSW Health):  
<https://www.gethealthynsw.com.au/>

### SUPPORT FOR YOUR WORK

Community Connections Solutions Australia:  
<https://www.ccsa.org.au/>

Community Early Learning Australia:  
<https://www.cela.org.au/>

Positive Living Skills:  
<https://www.positivelivingskills.com.au/>

### ADVOCACY

Independent Education Union:  
<http://www.ieu.org.au/>

United Workers Union:  
<https://www.unitedworkers.org.au/>

Early Childhood Australia:  
<http://www.earlychildhoodaustralia.org.au/>

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