WHEN YOU FEEL LIKE YOU'RE NOT DOING ENOUGH

A Quick Guide for Educators and Families

Some days, no matter how much we do, it feels like it wasn't enough. But meaningful moments don't always show up on a checklist. Before focusing on what didn't get done, take a moment to recognize what did.

5 WAYS YOU MADE A DIFFERENCE TODAY

You may not have noticed, but you made a difference when you:

- **Offered comfort.** You helped a child feel safe during a difficult moment.
- **Listened.** You showed a child that their thoughts and feelings matter.
- **Stayed patient.** You supported a child who was still learning to manage big emotions.
- **Encouraged independence.** You gave a child time to try something on their own.
- **Made a connection.** You shared a smile, a laugh, a conversation, or a quiet moment together.

Not every meaningful moment can be measured or documented.

WHEN THE DAY FEELS OVERWHELMING

Instead of thinking: "I didn't get enough done."
Try asking: "What mattered most today?"
Instead of thinking: "I should have handled that better."
Try asking: "What can I learn from that moment?"
Instead of thinking: "Everyone else seems to manage."
Remember: "I don't always see the challenges others are facing."

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3 SMALL WAYS TO EASE THE PRESSURE

1. Focus on what matters most.
Not everything needs to happen today. Prioritize safety, connection, and essential responsibilities.
2. Give yourself permission to adjust.
Plans change. Children have different needs, and some days require flexibility.
3. Ask for support.

You shouldn't have to manage everything alone. Reach out when expectations or responsibilities become overwhelming.

A LITTLE REMINDER

You don't have to do everything to make a difference.
And if you're consistently overwhelmed, the answer isn't always to try harder. Sometimes you need more time, resources, or support.

Little Years Big Impact
Small moments. Meaningful connections. Big impact.
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