

Direct Care Practice Inventory

Use the following list of practices to assess your ability to identify and manage your own stress and overall well-being. Each statement below refers to behaviors or attributes you should demonstrate when interacting with children, families, or colleagues. For each of the statements, reflect on your own practices and select your current level of mastery. This tool may also be used by your trainer, coach, or administrator to observe your practices in this content area and support professional development goals.

E

Emerging

You believe you need more information to understand or incorporate a particular practice

D

Developing

You believe you have an understanding of the practice, and are working to properly apply it to your work

M

Mastered

You believe you have mastered and consistently implement a particular practice

COMPETENCY		RATE: E/D/M	NOTES
A	Models and practices stress-reduction strategies. For example, controlled breathing exercises with the children		
B	Expresses gratitude to children, families, and colleagues		
C	Teaches children how to recognize and label their emotions and appropriate ways to express them		
D	Uses emotional regulation strategies to help manage negative emotions		
E	Identifies negative or unrealistic thinking and works at replacing negative thoughts with more positive or realistic ones		
F	Identifies stress signals and uses positive coping strategies. For example, asks for help or coverage prior to feeling overwhelmed		
G	Integrates multicultural materials from children's home cultures as well as other cultures into the environment and activities, such as providing multicultural menus in dramatic play, bilingual books, and multicultural music		
H	Incorporates self-care activities with the children, such as yoga poses, breathing exercises, and/or mindfulness techniques		
I	Practices self-care strategies in and outside of the classroom		
J	Brainstorms and exchanges ideas with co-workers and leadership on incorporating strategies that would help reduce stress		
K	Models and labels your own emotions and appropriate ways to express emotions		
L	Provides a space that helps support self-care, such as a space where children can listen to soothing music or guided breathing exercise		
M	Provides children with the tools and experiences that help label emotions		
N	Provides tools or guides for stress reduction activities such as controlled breathing, yoga poses visualization activities		

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Concluding Reflections

My overall strengths in this area:

Practices that I would like to improve include:

Plans for achieving these goals include: