THE early childhood COACH™

ANISHA ANGELLA



LEADING YOUR HOME CHILDCARE PROGRAM WITH CONFIDENCE

LEAD WITH CLARITY. OPERATE WITH INTENTION. PROTECT YOUR ENERGY.

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Meet your Facilitator and Coach!

Veronica Kelly, ECE BA



With more than 15 years of experience in the Early Childhood Education field and eight years as the Founder and Lead Preschool Teacher of Tiger Lily Preschool, Veronica Kelly brings extensive expertise in child-centred learning and family engagement. As a seasoned educator and small business owner, she supports home-based and family child care programs with practical strategies that integrate business management, curriculum development, and relational teaching practices, all grounded in her passion for Positive Discipline in both classroom and home settings. Veronica's philosophy centres on joyful, child-led learning that celebrates curiosity, connection, and the wonder of early childhood, with a commitment to nurturing the whole child and empowering educators to create environments where children feel seen, heard, and supported to thrive. When she is not leading learning spaces or sharing her expertise with families, Veronica can be found enjoying cozy mugs and all things mushrooms — small reminders of her belief that growth begins in the tiniest, most beautiful details.

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The Early Childhood Coach's
Learning Space



GROWTH



SAFETY



COMMUNITY &
COLLABORATION

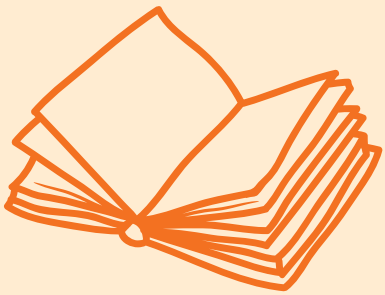


REFLECTION



BELONGING

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ECC Interactive Workbooks: Your Guide to Action

Our **ECC Interactive Workbooks** are designed to help you turn learning into action! Packed with engaging activities, practical tools, and real-world strategies, these workbooks guide you in applying insights from our sessions to your daily practice.

What you'll find inside:

Interactive Exercises: Dive into hands-on activities, self-reflective prompts, and brainstorming maps that keep you engaged and thinking creatively.

Real-World Application: Get actionable steps and strategies tailored to your goals, empowering you to make immediate, meaningful changes.

Collaborative & Fun: Perfect for individual reflection or team discussions, fostering growth and innovation in your learning community.

Reflect & Revise: Revisit the workbook to refine your approaches, celebrate progress, and keep building on your success.

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Today's Learning Outcomes

By the end of this workshop, you will be able to:

- Recognize your role as both an early learning professional and business leader.
- Identify operational practices that support an organized, high-quality home childcare program.
- Apply strategies for setting professional boundaries with families.
- Identify practical ways to prevent burnout and promote work-life balance.

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THE ecc Chat & Share

Reflection: Think about your role in your home childcare program.

Complete the sentence: "When I think about being the leader of my program, I feel . . ."

THE ecc Chat & Share

Reflection: What is one thing you feel confident about?

You Wear A LOT of Hats!

The Challenge:
Sometimes the educator gets all the attention - while the leader gets pushed to the side.

Ask yourself:
“Which hat do you wear most comfortably?”

Then:
“Which hat is the hardest for you to wear?”

What does confident leadership look like? Confidence isn’t knowing everything.

Confident leadership means:

- **I communicate clearly.**
- **I make intentional decisions.**
- **I follow through.**
- **I know my limits.**
- **I can say no when necessary.**
- **I ask for help when I need it.**
- **I don't have to make everyone happy.**

CONFIDENCE = CLARITY + CONSISTENCY

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Operate with Intention

STRONG OPERATIONS = LESS STRESS

Organization isn't about perfection.

It's about creating systems that answer:

- **What happens?**
- **When does it happen?**
- **Who is responsible?**
- **Where is the information?**
- **What happens when something changes?**

Good Systems Reduce Decision Fatigue.

Your policies are part of your leadership.

Ask Yourself:
"Would a new family know exactly what to expect?"

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Build Your Daily & Weekly Systems

What Can You Systematize?

Ask:
“What am I doing repeatedly that could be made easier?”

Don't Forget the Business Side

A Sustainable Program Needs Sustainable Practices.

Consider systems for:

- Enrollment
- Contracts/agreements
- Payments
- Receipts/invoices
- Record keeping
- Tax preparation
- Expenses
- Vacancies
- Supply costs
- Annual planning

Your Program Is a Business AND a Learning Environment.

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Organization Supports Quality

Think About the Connection:

Organized Systems

↓

Less Administrative Stress

↓

More Mental & Emotional Energy

↓

More Responsive Interactions

↓

Higher-Quality Experiences for Children

Organization Isn't Separate From Quality.
It Supports Quality.

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Activity: Where Is My Friction?

Think About Your Typical Day.

What is one part of your program that repeatedly causes:

- Stress?
- Confusion?
- Frustration?
- Extra work?
- Repeated conversations?

Now Ask:

Could a system, checklist, policy, schedule, or clearer expectation make this easier?

My "Friction Point":

A Possible Solution:

Lead with Clarity

Boundaries Are Part of Professionalism.
Boundaries Aren't About Being Unfriendly.

They create:

- Clarity
- Consistency
- Respect
- Predictability
- Professionalism

A Boundary Says:
“This is how we work together.”

The Question to Ask:
“If I keep making this exception, does it become the expectation?”

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The CLEAR Boundary Framework

C — Communicate

Clearly state the expectation.

L — Lead With Consistency

Apply expectations fairly.

E — Explain When Necessary

Give context without over-explaining.

A — Avoid Over-Apologizing

A reasonable boundary doesn't require an apology.

R — Reinforce

Follow through consistently.

Example: A family asks if you can stay open later.

Instead of: “I'm sorry, I can’t do that.”

Try: “That isn’t something I offer as part of my program. Here is what we do offer. ”

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Practice: What Would You Say?

Scenario

A parent regularly messages you at 9:30 p.m. with questions about the following day's schedule. You want to maintain a positive relationship—but you also need time away from work.

What could you say?

Option A:
Ignore the messages.

Option B:
Respond immediately so the family isn't upset.

Option C:
Create and communicate a clear communication boundary.

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Protect Your Energy

Burnout Doesn't Happen Overnight
Burnout Can Build Slowly.

You may notice:

- Constant exhaustion
- Irritability
- Feeling overwhelmed
- Losing enthusiasm
- Resentment
- Difficulty disconnecting
- Dreading the workday
- Feeling like everything depends on you

Don't Wait Until You're running on Empty to Make a Change.

When Your Home Is Also Your Workplace

Where Does Work End?

For home childcare providers:
The workplace = the home

Ask:
"What does the end of your workday currently look like?"

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Create a “Closing Routine”

Your Workday Needs an Ending.

1. Reset
Prepare the environment for tomorrow.

2. Review
Check attendance, notes, and essential documentation.

3. Prepare
Identify what needs to happen tomorrow.

4. Communicate
Send only essential end-of-day communication.

5. Close
Put work materials away.

6. Transition
Do something that signals:
“The workday is over.”

Protect Your Energy
Small Changes Can Make a Big Difference
Ask yourself: What is a small change I could make?

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My Leadership Commitment

Before You Leave Today...
Complete these four statements:

One leadership practice I will begin:

One operational system I will improve:

One boundary I will strengthen:

One change I will make to protect my well-being:

Start Small. Start Somewhere.

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You Are the Leader of Your Program.

You don't have to:

- Know everything
- Do everything
- Please everyone
- Be available all the time
- Be perfect

You can:

- Lead with clarity.
- Operate with intention.
- Set healthy boundaries.
- Protect your energy.
- Create a program that is sustainable for you AND meaningful for children.

“A strong program doesn't depend on you doing everything. It depends on you creating the clarity and systems that allow the program to thrive.”

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THE early childhood COACH®

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FACEBOOK GROUPS

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Let's Stay Connected!



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