

Stress Management for Child Caregivers and Teachers

1. Stress is always bad.
 - a. True
 - b. False
2. Unmanaged stress can lead to physical problems, such as:
 - a. Headaches
 - b. Muscle tension
 - c. Hypertension
 - d. Insomnia
 - e. All of the above
3. Unmanaged stress can lead to social or emotional problems, such as:
 - a. Depression
 - b. Boredom or apathy
 - c. Irritability
 - d. Controversy with family or friends
 - e. All of the above
4. What are ways to reduce noise in childcare?
 - a. Teach children to use “inside” and “outside” voices.
 - b. Keep your own voice soft
 - c. Have a “Quiet Place” that children can choose to visit
 - d. Alternate quiet and lively activities
 - e. All of the above
5. It is okay to let a baby cry for an hour or more.
 - a. True
 - b. False
6. Stress can result from a physical illness.
 - a. True
 - b. False
7. List four actions that you believe will help you manage stress.

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ANSWER SHEET

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Training Evaluation

Why did you attend this training session?

List three things you learned during this training.

What did you enjoy most about the training?

What did you enjoy least about the training?

Because of what you learned during this training, what is one thing you will do to improve your ECCE program?

Please include any comments or ideas that you think would make this training more effective.

Are there any subjects that you would like to learn more about?

