



Wellness

FOR WISCONSIN'S BIRTH TO 3 PROGRAM

Professional Development
Bundle

“A good start in the first
1000 days.”

—WISCONSIN’S BIRTH TO 3 PROGRAM

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WATCH!



Click on the video to the left. The link will take you to a video that explore Mindfulness in everyday life and how it can help you to reduce stress in your daily life and practice.

READ!

Below, you will find a link to a resource from the Center for the Study of Social Policy's Strengthening Families, A Protective Factor Framework

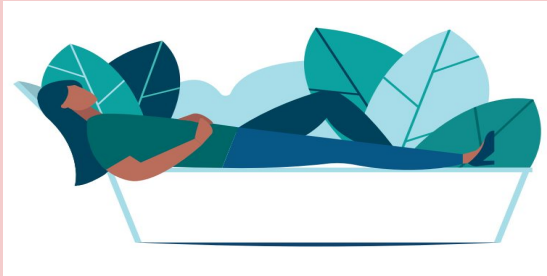
Taking Care of yourself: for home visitors

[Putting Protective Factors into
Play for yourself](#)

DO!

Internal Awareness Practices Zero to Three

Click on the picture to
View the link to some
Mindfulness practices you
can do today





We encourage you to visit and participate in :

[Self Compassion Exercises](#)
[Harvard Stress & Development Lab](#)

Reflect

Check in with your program leader to discuss this PD bundle and discuss any support that you may find helpful.



Would you mind taking a moment to provide feedback about this PD bundle?

Please follow [THIS LINK](#) to fill out a very short survey.
Thank you!

Contact RESource with any questions.



Please [“reach out to RESource”](#) if you have questions related to this bundle or anything else related to early intervention.

We also encourage you to visit our [“Your Questions Answered” page on EI in WI](#) to see what others are asking.

