

You're Not Alone,
Reach Out

Emotional Labor in Early Childhood Education

Around 50% of early childhood educators leave within five years, highlighting the need to address their emotional demands.



More ECEs are certified, but fewer plan to stay in early childhood learning (BC ECE Registry, 2022; 2022 Workforce Survey.)

The Emotional Toll



Educators face emotional challenges while supporting children's wellbeing, often neglecting their own feelings, a struggle that's often overlooked.

Compassion Fatigue



Educators often face exhaustion from giving emotional support without enough resources, leading to compassion fatigue that affects their engagement.

Family Balance



Building strong family relationships is vital but can add emotional stress for educators, who often face conflicting expectations from parents.

A Call for Change



How can we better prepare future educators for the emotional challenges they will face? We must consider the emotional weight carried by those in the profession and provide appropriate training.

Advocacy for Support



We need to acknowledge emotional labor in early childhood education and provide educators with essential resources like mental health support and training.

Future Investments



Focusing on smaller class sizes, better staffing, and emotional resilience training can alleviate the strain on educators. Investing in their well-being ultimately benefits both educators and children alike.