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We're dedicated to helping you be happy, healthy and successful in your journey of shaping our future!

Stress Less!



Try this tip for overcoming stress when it threatens to overwhelm you: make a list of all of the things you like to do, things that you look forward to doing, and things that help you relax. When you're feeling stressed, take a look at your list and pick one thing that you can do right away, even if you only have a minute or so to engage in your desired activity. You'll feel better, and just knowing you've got options can help you maintain your cool. And if you can't actually do your activity when you're feeling stressed, take a 60-second mental break and visualize yourself engaging in one of the items on your list.



From the desk of
Julie Bartkus

A note to Child Care Leaders:

Thank you for reading this complimentary issue of Our Team Connection™. This publication is designed for child care teams and will be published monthly in a format that you can easily edit and customize. Don't miss out on next month's issue!

This publication is available exclusively to members of our Platinum membership plan at the Leadership Connection. To join, please visit www.childcareofchoice.com

Trivia Question:

How much more plentiful are synapses in a 24-month old's brain, than in an adult brain?

Last month's answer:

B.F. Skinner, the famous behavioral psychologist, was married and had two daughters. In 1943, when his wife was pregnant with their second, Skinner designed the "baby box." He was attempting to make life easier by keeping the baby in an environment that would be clean, warm and healthy, and would prevent problems such as diaper rash and cradle cap. Many people understood Skinner to be advocating keeping the child in the box at all times, and accused him of child abuse. The idea of the baby box remains controversial, but Skinner himself was a loving father who is fondly remembered by his daughters. He put one baby in the baby box.

The Hazards of Online Communication

In this day and age, online research is something most people do on a weekly, if not daily basis. As the Internet becomes a more indispensable tool to you personally and professionally, it's important to be aware of the risks involved with using it.



Here are some things to consider: If you're using industry discussion boards, newsgroups, list services or chat rooms, don't comment about your work or your employer. Anything you write online is there for permanent record. Your customers, employer and future employers may be able to find what you write today for years to come. Additionally, competitors may be participating in the same discussion. If you need to post a question, make sure you do it anonymously and don't divulge key information.

Just because an online source has a reputation for authoritativeness, it doesn't mean you shouldn't double-check the facts. Most Internet material has not passed through the same kind of filters that print material has. What appears to be accurate information could have been uploaded incorrectly (or by any hacker with a copy of Web Pages for Dummies.) Since many web sites have the ability not only to capture your identity, but also to record all of your activity, make sure your work-related research doesn't divulge company information. Configure your web browser to reject "cookies," those tiny files saved on your computer. And consider using an anonymous account.