

# NEW DIRECTIONS

## CULTIVATING COMPASSIONATE CAREGIVING & LEARNING ENVIRONMENTS IN EARLY CHILDHOOD

While great efforts are made to improve children's well-being in childcare environments, much less attention is paid to caregivers' well-being. Evidence shows that implementing compassion and mindfulness-based programs and strategies improves both caregiver and child well-being, which may reduce burnout, stress and depression, and lead to children receiving more sensitive and responsive care.

### Adapting mindfulness programs for Brazil

Together, researchers from Nebraska and Brazil are adapting programs developed in the U.S. for education settings in Recife, Brazil. The following programs have shown promising results in the U.S.:

1. Cultivating Healthy Intentional Mindful Educators (CHIME)
2. Mindfully Growing Together
3. The Kindness Curriculum

### RESEARCH GOALS

- Identify whether compassion and mindfulness strategies are acceptable to early childhood caregivers and primary school teachers in Recife.
- Identify if and how the compassion and mindfulness-based programs can be adapted for early childhood teachers in Recife and evaluate the program.
- Create and evaluate a mindfulness program for college students attending the Universidade Federal Rural De Pernambuco who plan to work in education.

### LOCATIONS

#### Nebraska, Kansas & Las Vegas, U.S.

- CHIME evaluation data was collected from 93 early childhood educators in Nebraska in 2017.
- Efforts are underway to collect data from early childhood programs in Las Vegas, Nevada, and Kansas.

#### Recife, Brazil

- Mindfulness program piloted with college students in 2019. Data collection is being finalized.
- Currently adapting CHIME and plan to pilot the program in an early childhood center in 2020.

### WHY IS THIS RESEARCH NEEDED?

- To cultivate resilience, compassion, and kindness among educators, college students, caregivers and families in Brazil to improve well-being and increase capacity to deliver high-quality care to young children.
- To better understand how caregiver well-being programs are received and work within educational settings in Recife, Brazil.
- To identify if and how mindfulness strategies implemented into college coursework may promote student well-being in this context.

### COLLABORATORS

#### University of Nebraska–Lincoln/Nebraska Extension

- Holly Hatton-Bowers, Ph.D. (Principal Investigator)

#### Universidade Federal Rural De Pernambuco

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### NEXT STEPS

Launch three pilot projects to identify what works and for whom when delivering compassion and mindfulness-based programs to caregivers, young children and college students in Recife, Brazil.