

HOLIDAY BURNOUT PREVENTION CHECKLIST



For Childcare Providers Who Want a Calmer, Happier December

Use this checklist to protect your energy, simplify your holiday season, and avoid burnout.

1. PLAN AHEAD

- ☐ Set your closure dates and send them to parents early
- ☐ Choose ONLY 1–2 special holiday activities
- ☐ Decide on a simple weekly theme (optional)
- ☐ Prep supplies in advance or choose no-prep options

2. SET CLEAR EXPECTATIONS WITH PARENTS

- ☐ Communicate what you are doing
- ☐ Clearly state what you will NOT be doing
- ☐ Share deadlines for photos, treats, or small gifts
- ☐ Limit last-minute requests (protect your schedule!)

3. SIMPLIFY YOUR ENVIRONMENT

- ☐ Choose a few intentional decorations
- ☐ Skip clutter and high-maintenance décor
- ☐ Create a cozy but calm vibe
- ☐ Use soft lighting when possible

4. KEEP ACTIVITIES LOW-PREP AND LOW-STRESS

- ☐ Sensory bins
- ☐ Coloring pages
- ☐ Playdough trays
- ☐ Stickers + construction paper
- ☐ Simple holiday books

5. PROTECT YOUR DOWNTIME

- ☐ Block off rest evenings
- ☐ Say no without guilt
- ☐ Plan something YOU enjoy each week
- ☐ Avoid overscheduling outside of work

6. TAKE CARE OF YOUR BODY

- ☐ Hydrate (yes, actually drink water)
- ☐ Eat real meals — not leftover snack crumbs
- ☐ Stretch during naptime
- ☐ Step outside for fresh air daily

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7. KEEP SNACKS AND MEALS SIMPLE

- ☐ Easy cold lunches
- ☐ Fruit + crackers + cheese
- ☐ Veggie trays
- ☐ One special treat day (optional!)

8. FOCUS ON JOY (FOR YOU AND THE KIDS)

- ☐ Choose the activities YOU enjoy leading
- ☐ Play your favorite holiday playlist
- ☐ Celebrate in simple, authentic ways
- ☐ Let go of perfection

FINAL REMINDER

The kids don't need perfect.

They need YOU — calm, present, and supported.

Choose simplicity. Protect your peace.

Make this your most joyful holiday season yet.