

## Dear Child Care Workers and Early Childhood Educators,

As we continue to respond to the COVID-19 pandemic, fostering safe and healthy spaces for children continues to be our priority. Your ability to adapt to change is inspiring. You are a shining example of resiliency. Thank you for your role in helping keep essential services going as we continue to stop the spread of COVID in our community.

Children's Services and Ottawa Public Health are grateful for your efforts. We value the dedication you bring on a daily basis to help children and their families flourish. Your unique knowledge and skill set ensured the success of the full child care reopening last summer. This paved the way for a smoother return to school in the fall. Your success in adapting to new operating requirements contributed to ensuring services could still be offered in the most recent provincial closure. Thank you. You have not only created a space for early learning, growth and development, but also have provided essential supports to families. These supports are what has allowed for parents to resume meaningful work and activities to support their families as well as our community.

As you continue to put children and families' needs first, it is crucial that you also take steps to protect your own mental health and well-being. These are challenging times. It is ok not to be ok. We encourage you to refer to these [tips](#) on how to support and protect your own mental health. For a complete list of mental health resources and services, please visit [OttawaPublicHealth.ca/COVIDMentalHealth](https://OttawaPublicHealth.ca/COVIDMentalHealth).

**Thank you, child care workers and early childhood educators!** Now more than ever, you are making a difference and improving the lives of children and families in our city.



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[OttawaPublicHealth.ca](https://OttawaPublicHealth.ca)  
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