



Series 2. Episode 13
Turning *Little Stones* show notes.
A Conversation with Jeanne-Marie
Paynel & Caroline Allen

Episode 13
**Retaining the Joy and
Passion for Childcare**

Retaining the passion a shared podcast with Jeanne-Marie Paynel

This podcast is hosted on the *Art of Parenting* podcast where Caroline was the guest of Jeanne-Marie Paynel, of Your Parenting Mentor.

Jeanne-Marie was guest for a recent *Turning Little Stones podcast* (Season 2; episode 10 *The Birth of a Parent*)

Are you burnt out working as a childcare provider? Jeanne-Marie invites you to listen in as her guest, Caroline Allen shares her insights on how to keep the joy and wonder alive.

What We Talked About

- The first Montessori linked Children's Centre daycare, a not-for-profit social enterprise.
- Observing children's behaviours and interests to foster their natural curiosity and learning
- The importance of staying passionate and fresh in childcare and education.
- Practical tips for caregivers and educators to avoid burnout and stay motivated.
- Leaving a lasting legacy for children.

"I can relate to Caroline's words. When I started in a Montessori environment as a second career, some days were hard, yet that sense of wonder kept me going, just like little ones when turning little stones over."
(Jeanne-Marie Paynel)

Things to Remember

"Adults are very quick to put an interpretation on what their children are doing.... We don't know our children inside out and never will.... They're unique little beings that will always do things that fascinate us."

"Try to retain that sense of wonder by looking at our children with fresh eyes and seeing them differently."

"Allow the wonders of the world to connect with your children."



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"Taking care of your child's emotional, social, and physical development is the key to raising young adults."

"We don't need to know everything about our little ones; we just need to work with whatever they're presenting to us in their journey into childhood and young adulthood."

"We need to have parts of every single day where we are present to our children and give them the focus they deserve."

About Turning Little Stones and Delving a Little Deeper

Caroline Allen has run childcare settings in the UK, trained internationally, and supported practitioners and carers for over 25 years.

She understands how important it is to relate well with our young children, yet this is not easy, and few have much time to read or study. Caroline now hosts the Turning Little Stones podcast for anyone (professionals and family carers) with young children. In each episode, snippets of sound childcare theory become accessible and relatable, helping us all to better support our children and delight in being part of their journey.

Further information, practical guidance and advice are available through
Turning Little Stones Podcasts (Season 2; episode 10)

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Delving a little Deeper

www.turninglittlestones.co.uk