



Gofal Cymdeithasol **Cymru**
Social Care **Wales**

Well-being information for early years and childcare workers

Useful links to resources that relate to well-being.

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Go to <https://socialcare.wales/resources-guidance/early-years-and-childcare/well-being-early-years-childcare> for the latest version.

Useful links to resources that relate to well-being.

Your health and well-being

Health and well-being information, advice and resources for social care and early years and childcare workers.

Personal well-being: looking after you when working in social care, early years and childcare

This module will assist in embedding a strengths-based approach to support people's wellbeing.

Well-being in the workplace

This module will assist in supporting the well-being of the workforce by creating and sustaining a positive culture where people feel valued.

Care worker card

Find all the information you need about the care worker card.