

## NJ Child Care Resource and Referral: Promoting Informed Child Care Choices Sessions 1 & 2 Resources

Eisenhower Decision Matrix: [https://www.mindtools.com/pages/article/newHTE\\_91.htm](https://www.mindtools.com/pages/article/newHTE_91.htm)

How to Build Trust Article: <https://brightmorningteam.com/wp-content/uploads/2019/10/How-to-Build-Trust.pdf>

Mind Full or Mindful?: <https://www.mindfulschools.org/personal-practice/take-a-break-keep-perspective-be-kind-in-uncertain-times/>

National Association for the Education of Young Children: <https://www.naeyc.org/>

SMART Goal Planning: <https://www.mindtools.com/pages/article/smart-goals.htm>

Stephen R. Covey: “Trust is the glue of life...” and other quotes: [https://www.goodreads.com/author/quotes/1538.Stephen\\_R\\_Covey](https://www.goodreads.com/author/quotes/1538.Stephen_R_Covey)

The Benefits of Gratitude: <https://positivepsychology.com/gratitude-exercises/>

What Are The 4 Ds Of Time Management?: <https://timehackhero.com/4-ds-of-time-management/>