Noise, Stress, and Emotional Fatigue: Protecting Mental Health in Childcare Work Stats and Facts



FACTS

- Childcare educators experience higher emotional demands than many other professions.
- Continuous noise exposure contributes to stress and fatigue.
- Emotional labour is a recognized occupational risk in caring roles.
- Unmanaged stress increases the likelihood of errors and injuries.
- Supportive work environments improve retention and safety outcomes.

STATS

- Studies show that prolonged noise exposure increases cortisol levels and stress response.
- Educators report higher rates of emotional exhaustion compared to many other occupations.
- Workplace stress is a contributing factor in absenteeism and turnover in childcare settings.
- Programs that prioritize staff wellbeing report improved child outcomes and reduced incidents.
- In Canada, nearly 1 in 4 workers report high levels of workplace stress, according to the Statistics Canada.
- Canadian surveys of early childhood educators indicate that over 60% report moderate to high burnout symptoms, particularly post-pandemic (2021–2023 national studies).
- Education and childcare workers report higher rates of work-related stress compared to many other occupations, according to the Bureau of Labor Statistics.