Back to Business As Usual?
Connected Caregiving Through a Pandemic

Michigan’s Social Emotional Consultation Team
Thank You!

IT TAKES a big heart TO SHAPE a little mind
It starts with YOU.
This Is Not Normal

- Overwhelming Feelings
- Not Prepared
- Stress Responses
- Lots of Unknowns (timeline, health, next steps)
What To Expect From Children

– Regression
– Challenging Behaviors
– Separation Anxiety
– Grief and Loss
How to Support Children

- Flexibility in daily schedule and curriculums while creating as much consistency/routine as possible
- Mindfulness activities (for kids and adults)
- Encourage pictures and comfort items from home
- Be creative in social distancing
  - Increased free play and small groups
  - More outdoor time
- Use Social stories: https://challengingbehavior.cbc.usf.edu/docs/Going-to-School.Expectations_Story.pdf
- Use books about grief and loss

More strategies can be found in the Toolkit Addendum
Make Time for Play

- Play improves brain function
- Play relieves stress
- Play boosts creativity
- Play keeps you feeling young
- Play can heal emotional hurt
THE FUN FACTOR

Some of the silliest fun times I’ve had...

If I had the opportunity, I would like to...

Something fun that I haven’t done for years is...

I think I could be more fun if I...
What to Expect from Parents/Families

- Separation Anxieties
- Fears
- Grief and Loss
- Eager for break from children
- Regression
- Renegotiating boundaries (disclosing mental health and family issues)
Supporting Parents/Families

- Patience
- Empathy
- Listening ear
- Community Resources
What to Expect from Caregivers

- Increased stress
- Loss of patience
- Grief and Loss
- Fears of unknown
Supporting Caregivers

- Holding space
- Calm/relaxing break rooms
- Offering breaks
- Sharing appreciation
- Office Hours for Child Care Providers:
  - Tuesdays and Fridays 12:30-1:30
  - Zoom Room ID: 782 239 6197
  - Join by Phone: 301-715-8592 and enter room ID when prompted
Teacher and Staff Appreciation
Appreciation is Love in the Heart of Others for Our Actions

Why Appreciation Matters:
– Makes us feel good
– Creates more love for the work
– Creates inspiration
– Boosts performance
– Elevates mind, body, and spirit

Check out the [Toolkit Addendum](#) for samples of staff appreciation
Signs of Burnout

– Chronic fatigue
– Short temper
– Loss of patience
– Brain “fog”
Emotional distress
Can't think clearly
Overreact
Unproductive problem solving

Deep breathing, mindfulness, sharing

Unable to calm down

Window of Tolerance
Optimal problem solving
Alert
Engaged
Balance of emotion and reason

Mindfulness, sharing, physical exercise, deep breathing

Shutting down

Depressed
Lethargic
Unmotivated
Numb
How am I Practicing Self Care?

Where can I add self care into my day/week/month? Are there changes I want to make?

– Sleep
– Food
– Movement
– Nature

– Play
– Me time
– Creativity
– Breathing
Quick Daily Reflections

What 3 activities do I really enjoy?

How can I do 1 of these activities in the next 24 hours, week, or month?

Have you reached out to your friends and family for a chat or outing this week?

Have I reflected on All I am Grateful for?
Check In With Yourself

– Have I eaten something nutritious in the past 3 hours?
– Am I hydrated?
– Have I paused for a moment and taken 5 deep breaths?
– Have I said something gentle and loving to myself in the last hour?
– Have I spent time in nature in the last 3 days?
– Have I listened to some uplifting music?
## Mindfulness Resources

### For Children
- GoNoodle
- Cosmic Kids
- Sesame Street Communities
- Coloring
- Sensory
- Crim Fitness Foundation

### For Adults
- Headspace
- Zero to Three Mindful Breaks Fridays 12-12:15
- MI-AIMH Facebook Live Mindful Moments Mondays 2-2:10
- Journaling/Coloring
- Crim Fitness Foundation
Community Resources

Local Resource Centers
www.greatstarttoquality.org
877-614-7328

Community Mental Health Service Providers
https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_29887-151431--,00.html
For More Information, Tools, and Training

Early Childhood Investment Corporation
www.ecic4kids.org
517-371-9000

MiRegistry
www.miregistry.org
support@miregistry.org
833-386-9238

Zero to Thrive
www.zerotothrive.org
Thank You!

#ConnectedCaregiving
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