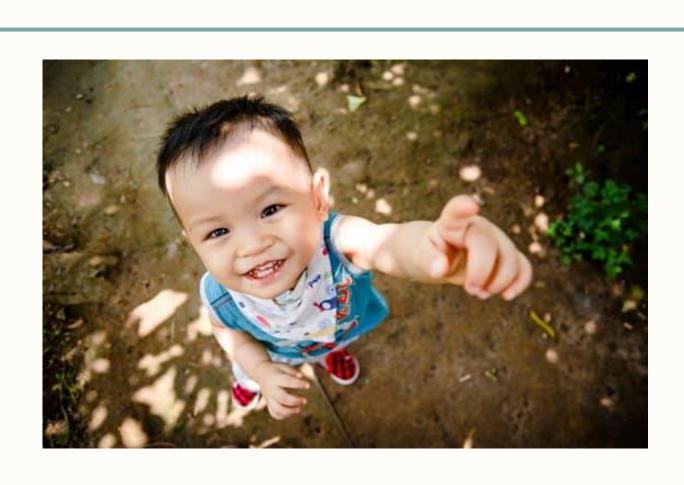




Thank You!



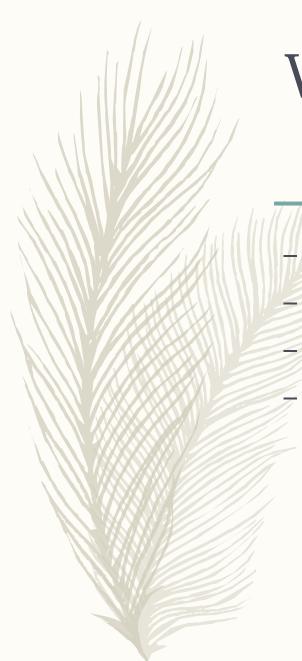




This Is Not Normal

- 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





- 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.cbcs.usf.edu/docs/Going-to-School Expectations Story.pdf
- Use books about grief and loss

More strategies can be found in the <u>Toolkit Addendum</u>





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





- Holding space
- Calm/relaxing break rooms
- Offering breaks
- Sharing appreciation
- Office Hours for Child Care Providers:
 - The 4th Friday of each month from 12-1pm
 - 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



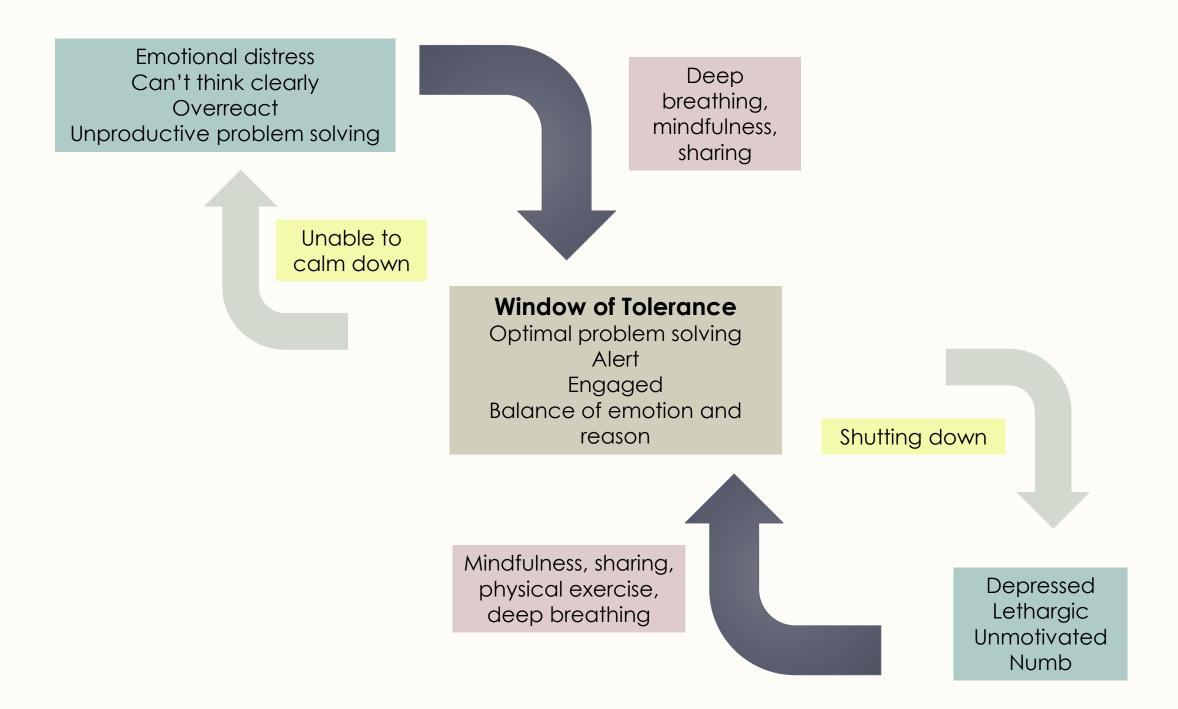
Check out the **Toolkit Addendum** for samples of staff appreciation



Signs of Burnout

- Chronic fatigue
- Short temper
- Loss of patience
- Brain "fog"







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

Sleep

Play

- Food

- Me time

Movement

Creativity

- Nature

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 BreaksFridays 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

Zero to Thrive

www.zerotothrive.org

MiRegistry

www.miregistry.org

support@miregistry.org

833-386-9238





#ConnectedCaregiving



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