



# Back to Business As Usual?

Connected Caregiving  
Through a Pandemic

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Michigan's Social Emotional  
Consultation Team

Thank You!

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IT TAKES  
a  
big heart  
TO SHAPE  
a little mind

It starts with YOU.

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# This Is Not Normal

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- Overwhelming Feelings
- Not Prepared
- Stress Responses
- Lots of Unknowns (timeline, health, next steps)



# What To Expect From Children

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- Regression
- Challenging Behaviors
- Separation Anxiety
- Grief and Loss





# How to Support Children

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- 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](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 [Toolkit Addendum](#)



# Make Time for Play

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Play improves brain function

Play relieves stress

Play boosts creativity

Play keeps you feeling young

Play can heal emotional hurt

# THE FUN FACTOR

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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

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

# Supporting Parents/Families

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- Patience
- Empathy
- Listening ear
- Community Resources



# What to Expect from Caregivers

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



# Supporting Caregivers

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- Holding space
- Calm/relaxing break rooms
- Offering breaks
- Sharing appreciation
- Office Hours for Child Care Providers:
  - The 4<sup>th</sup> 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

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### 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

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- 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

Shutting down

Mindfulness, sharing,  
physical exercise,  
deep breathing

Depressed  
Lethargic  
Unmotivated  
Numb



# How am I Practicing Self Care?

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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

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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

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- 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

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## 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

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## **Local Resource Centers**

[www.greatstarttoquality.org](http://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](https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_29887-151431--,00.html)



# For More Information, Tools, and Training

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## **Early Childhood Investment Corporation**

[www.ecic4kids.org](http://www.ecic4kids.org)

517-371-9000

## **Zero to Thrive**

[www.zerotothrive.org](http://www.zerotothrive.org)

## **MiRegistry**

[www.miregistry.org](http://www.miregistry.org)

[support@miregistry.org](mailto:support@miregistry.org)

833-386-9238

# Thank You!

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#ConnectedCaregiving



For More information Contact:

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