The most important things we can do right now as parents and caregivers of children is taking care of ourselves and connecting with our children.

1. Taking care of ourselves: This is an uncertain time – acknowledging this and managing the feelings that this creates for you is crucial. In some cases seeking additional support is helpful. Self-care is important – just like when flying with children it is important to put the oxygen mask on yourself first before you can help a child. There are multiple resources below that can be helpful resources in a variety of formats.

2. Stay connected with your children: Create a safe physical and emotional environment by practicing the 3 R’s: Reassurance, Routines, and Regulation. Children learn how to manage their feelings by watching the adults in their lives. Give children a space to “welcome” what feelings they have. The brain is pattern seeking and when the brain picks up patterns anxiety goes down, so routine is very helpful during uncertain times. Visit resources below for additional ideas on activities and ways that you can talk with children about Covid-19.

How to provide age-appropriate information about Covid-19 and how to talk about big topics with young children

- https://consciousdiscipline.com/responding-to-difficult-questions/
- https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus

Reflection

1. What are some helpful tools you have learned about how to talk to kids about big topics?

2. What are some of the most important things for you to do as the caregiver?
Creating a safe emotional environment for children in our care and How to support children’s self-efficacy

Zero to three brain development video series Magic of Everyday Moments.
https://www.zerotothree.org/resources/series/magic-of-everyday-moments

Series 1: Building blocks of development

- Literacy skills: the roots of learning start at birth
- Temperament: what makes your child tick?
- Power of play: building skills and having fun
- Brain wonders: nurturing healthy brain development from birth

Reflection
1. Thinking about your classroom what are some things that you took away from this series about how you might approach your work with children in the future?
2. Development occurs in the context of relationship—what are some ways that you can impact children’s development in your care?

Series 2: Brain, Body and mind from birth to 3 years

- Development from birth to 12 months, teaching them how to feel safe and secure in the world while encouraging developmentally appropriate growth.
- Responsive Care nurturing strong attachments through everyday moments
- Development from 24th to 26 months old: new skills develop through play, routines and relationships
- School readiness: foundations in language literacy, thinking and social emotional skills
- From feelings to friendships: nurturing social emotional development in the early years.

Reflection
1. How can you provide safety and security for infants 0-12 and how does that look different for 24mo-26mo old.
2. How do you help nurture social emotional skills in children?

Series 3: Physical, Language and social emotional development

- Busy bodies: how the development of physical skills and supports learning
- From cries to conversations: the development of communication skills from birth to 3
- Driven to discover: how thinking skills develop through everyday play and exploration

Reflection
1. How do we support physical development of young children in our care?
2. What are some barriers to providing necessary opportunities and how might you overcome these obstacles?
Series 4: Nurturing attachment and managing challenging behaviors

- The daddy factor how fathers support development
- Tantrums, defiance, aggression Oh my!
- Before Birth: prenatal development for baby, mom, and dad
- Responsive care: nurturing a strong attachment through everyday moments.

Reflection

1. Thinking about challenging behaviors that you have dealt with in the past, after watching these videos do you have any thoughts on how you might respond in a different way?

2. What are your thoughts on prenatal development and the impact it has on the developing child?

3. How can you create an environment that is conducive to responsive care for children for all children?

Resources that could be helpful to support adult emotional health during this uncertain time

- https://childmind.org/coping-during-covid-19-resources-for-parents/
- www.Brenebrown.com
- www.consciousdiscipline.com

As the adult caregiver we are responsible for providing predictable environments that are soothing and stimulating. We also know that self-regulation is learned through how emotions are handled. Because the work is relational it brings up stuff in us too. The sites above are meant to be helpful to you the caregiver so you can support your own emotional health.

? 1. What are some helpful take away for yourself that you have after watching this information?

Free printable resources for families and children with Covid-19 specific information

- https://www.sesamestreet.org/caring
- https://sesamestreetincommunities.org/topics/health/?activity=healthy-week-2
- www.consciousdiscipline.com