Early Childhood News

May is Mental Health Awareness Month: Promote Greater Awareness Today and Every Day

As child care providers, we support the educational development and physical health of the children in our care every day. It is just as important to take care of their mental health by supporting their social-emotional development.

Visit EarlyChildhoodMentalHealthCO.org for information to support the social, emotional, and behavioral development of children, birth to 8 years, and find printable resources to share with families!

Tip Sheets for Providers: Supporting the Development of Self-Regulation in Young Children

- Working in Home Settings (birth to 5 years)
- Working with Infants in Classroom Settings (birth to 1 year)
- Working with Toddlers in Classroom Settings (1 to 2 years)
- Working with Preschool Children in Classroom Settings (3 to 5 years)

Signs of Social Anxiety in Kids and How to Help

Many kids go through phases of being fearful of strangers or having separation anxiety. These tend to decrease as your child gets older, but some kids still experience some social anxiety. Check out these tips to help comfort your little one around new people or in large groups.

Quality Improvement Opportunities

Online opportunities for Continuing Education Units (CEUs).

* Must be approved by the International Association for Continuing Education and Training (IACET) to meet Colorado Shines requirements for points towards EC Professional Credential 2.0 *

ProSolutions Training

More than 100 individual courses in early childhood education and human services offered, as low as $10. CDA Program available. *Director’s courses do not meet requirements for Large Center Qualifications.

Early Childhood Investigations Webinars

An ongoing series of conference-quality free webinars for early childhood educators - attendees can apply for and purchase CEUs for $15.

ChildCare Education Institute

Professional Development courses, written by early childhood experts, & CDA Program available
Materials Corner: Social-Emotional Development

Preschool 3+ years

Material: Mix & Match Magnetic Families

**ECERS-R:** 28. Promoting acceptance of diversity. 5.1 Many books, pictures, and materials accessible showing people of different races, cultures, ages, abilities, and gender in non-stereotyping roles.

**ELDG:** Social Studies Knowledge & Skills
- 1. Self, Family, and Community: The understanding of one’s relationship to the family and community, roles in the family and community, and respect for diversity.

Infants/Toddler birth - 3 years

Material: Emotion Tiles - Mirrors

**ITERS-R:** 12. Helping children understand language. 7.3 Staff talk about many different topics with the children (ex. talk about feelings, express child’s intentions with words in addition to naming objects and actions.

**ELDG:** Social Development - 5. Social Understanding: The developing understanding of the responses, communication, emotional expressions, and actions of other people.

**FCCRS-R:** 14. Helping children use language. 5.4. Provider has many turn taking conversations with children.

Practicing Self-Care and Professionalism

Some excerpts taken from the State Capacity Building Center (SCBC). Visit the website here to download the full article and additional links for many more resources to share with your staff!

People who take care of others often put their own needs last. Does that sound familiar? Caring for yourself is important for your health and wellness, and it is directly related to your ability to care for others and succeed at work. Although you can’t avoid all stress, too much stress can make it hard to provide care for others, especially infants and toddlers who depend on your physical and emotional availability. Taking care of yourself also protects you against the negative impact stress can have on your own physical and mental health. This newsletter from The Office of Head Start, The National Center on Health (2014) shares questions to help you think about the signs and symptoms of stress along with ideas for how to recognize stressors.

Be sure to recognize the importance of taking care of yourself. The time you invest in your health and happiness will never be wasted. Make yourself a priority. The work you do with infants, toddlers, and their families is priceless, and you deserve every bit of self-care.

Using Reflective Questions to Support Self Care

Increasing Health and Well-Being
- What is one thing I did in the past month to support my health?
- What is one thing I can do tomorrow to take a step toward better health?
- What do I need to be happier and healthier?

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Click on the links to learn more about the Environment Rating Scale tools (ECERS - ITERS - FCCERS) and the Colorado Early Learning and Development Guidelines (ELDG)!