

# Special Considerations: Social Emotional Wellbeing



As children, families, and staff return to childcare, they bring a lot of feelings surrounding COVID-19 with them. These feelings impact behavior. The most important message we can provide is that “This is a safe place to be.” Here are a few things that you can do to support social emotional wellbeing:

- Provide a safe, secure environment
- Communicate what to expect
- Establish consistent rituals and routines
- Acknowledge and talk about experiences and feelings
- Answer questions and concerns honestly and in a developmentally appropriate manner
- Validate emotions
- Teach emotional self-regulation skills that can be engaged in while maintaining social distancing, such as:
  - Deep belly breaths and self-hugs
- Access helpful resources, such as:
  - National Center for Pyramid Model Innovations: <http://www.challengingbehavior.org>
    - [Tips for You](#) and [Tips for Your Child](#)
    - [Horray My School is Open](#) social story
  - Sesame Street: Caring for Each Other: <https://www.sesamestreet.org/caring>

[Self-Hug with Abby](#)



[Learn to Belly Breathe with Rosita](#)



[Feeling Dance with Abby](#)



Please check your local municipal and county health directives for additional guidance.