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 appropriately manner
• Validate emotions
• Teach emotional self-regulation skills that can be engaged in while maintaining social distancing, such as:
  o Deep belly breaths and self-hugs
• Access helpful resources, such as:
  o 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
  o Sesame Street: Caring for Each Other: https://www.sesamестreet.org/caring

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