

Social Emotional

You can contact us for virtual coaching that supports your individual child. Our virtual coaching is open to families and childcare programs.

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TOP 3 THINGS TO DO TO HELP YOUR CHILD COPE

- Take care of yourself
- Help children feel safe
- Help children feel loved

TAKE CARE OF YOURSELF

- REST WHEN YOU CAN
- BE KIND TO YOURSELF
- TAKE BREATHING BREAKS TO HELP YOU STAY CALM
- MEDITATE
- EAT WELL AND REGULARLY

HELP CHILDREN FEEL SAFE

- Provide a calm environment
- Keep children fed, cleaned and clothed
- Keep their bodies safe from harm
- Offer a consistent daily routine

HELP CHILDREN FEEL LOVED

- Listen to their feelings
- Offer soothing support-calm words and deep breathing
- Teach self soothing practices-yoga and sensory bottles
- Use creative ways to share love-blow kisses and do air hugs

RESOURCES

<https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/>

<https://www.naeyc.org/resources/topics/covid-19>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

<https://www.warner.rochester.edu/newsevents/story/2565>

<https://info.childcareaware.org/coronavirus-updates#providers>

<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>