

Welcome to Shared Services FCC Network



We will begin shortly

ECCP WEBINAR

Welcome to Shared Services FCC Network



Agenda

- ECCP - Dionne Johnson - What is ECCP?
- Q&A
- OEC Updates
- Upcoming Events

Not Secure — eccpct.com

Early Childhood Consultation Partnership

ECCP Home Services Resources Partners Program About Contact

ECCP's early childhood mental health consultation services are available for individual children, classrooms, & centers. [Learn More...](#)

CHECK OUT OUR NEW FLYER!!!

MIRA NUESTRO NUEVO FOLLETO!!!

ECCP Evaluation: *Journal of the American Academy of Child and Adolescent Psychiatry*
Evaluation Outcome of ECCP Program completed by Walter Gilliam, Ph.D. Yale Child Study Center

NPR Ed Nat'l Report: Preschool Suspensions Really Happen And That's Not OK With Connecticut
This story is part of a series from NPR Ed exploring the challenges U.S. schools face meeting students' mental health needs.

[View All News & Events >](#)

New & Popular

- Consultants Created Resources to address the current COVID-19 situation for adults who are caring for young children. **NEW**
- Office of Early Childhood – Covid 19 Resources **NEW**
- Pyramid Website on Emergencies and Natural Disasters: Helping Children and Families **NEW**
- Zero To Three Resources for Early Childhood

ECCP Survey

"We would love to hear what you think about our website. Please take a minute to fill out a short survey by following the link below!"

[Participate Now >](#)

Early Childhood Consultation Partnership
Helping Relationships Grow

[Find a Consultant](#) [What is a Consultant?](#)

The Early Childhood Consultation Partnership (ECCP) is a cross-agency, mental health consultation program.

Dionne Johnson

www.eccpct.com



ECCP updates

The Early Childhood Consultation Partnership (ECCP) has developed a new way to continue to support ECE Centers and Family Based Child Care Providers with a virtual version of ECCP!

Our program was redesigned in response to the COVID-19 Pandemic to support you while respecting your needs to keep outside providers out of your centers while you are open or reopening.

We are open for referrals at this time!



ECCP updates

La Asociación de Consulta para la Primera Infancia (ECCP) ha desarrollado una nueva forma de continuar apoyando a los centros de ECE y a los proveedores de cuidado infantil basados en la familia con una versión virtual de ECCP.

Nuestro programa fue rediseñado en respuesta a la pandemia COVID-19 para apoyarlo y respetar sus necesidades de mantener a los proveedores externos fuera de sus centros mientras está abierto o reabriendo.

¡Estamos abiertos a referencias en este momento!



ECCP COVID-19 Response

Our ECCP Consultants are still working and can support you with:

- Plans to re-open
- Responding to high stress needs of staff or children Mixed age range classrooms
- Social Emotional strategies
- Challenging behaviors of children
- How to connect remotely with children and families



ECCP COVID-19 Response

Nuestros consultores de ECCP todavía están trabajando y pueden ayudarlo con:

- Planes para reabrir
- Responder a las necesidades de alto estrés del personal o los niños Salones de clases de edades mixtas
- Estrategias socioemocionales
- Comportamientos desafiantes de los niños
- Cómo conectarse de forma remota con niños y familias



New ECCP Services

- Phone Intervention
- Teleconsultation Child Intervention
- Teleconsultation Center Wide Interventio

- Intervención telefónica
- Intervención Infantil de Teleconsulta
- Intervención Amplia del Centro de Teleconsulta



Supporting Children with Anxiety as they Transition Back to School

Apoyar a los niños con ansiedad en su transición de regreso a la escuela



Supporting Children with Anxiety as they Transition Back to School

One of the biggest concerns for parents, centers, and providers is how to best support children with anxiety and social emotional needs when children return to school. The sudden shift to quarantine caused many children and their families undo stress and a sense of loss, if not grief. Returning to school may have a familiar feeling for children as centers will be different due to the impact of the coronavirus.

Classrooms will look different as there may be new teachers, new children, and smaller group sizes. Furthermore, centers will have new safety and health guidelines that require social distancing measures. We can prepare and expect our children to have some challenges adjusting to the new normal. Some children will experience fear and anxiety. When young children experience anxiety, it can present in many ways: lack of sleep, body pains, tantrums, poor social interactions, poor appetite, inability to focus, loss of interest in activities they used to enjoy, bed wetting and nightmares.

How can we prevent and our support children with stress and anxiety?

Child anxiety can be buffered with regular routines, positive support and reassurance, appropriate supportive interventions, and professional services if necessary.

Routines: Before children return to school, centers should consider providing families with a newsletter explaining new school routines and include child friendly resources with picture schedules or social stories of the routine. This will allow the families to review the plan with their child before s/he returns to school. Caregivers should stick to a predictable routine (regular mealtimes, bedtime, transition times). Review the schedule daily in the morning and refer to schedule before transitions. When teaching the routines, use positive guidance by positively stating rules and positively acknowledge the children's ability to follow routines.

Supportive interventions and conversations: Validation and expression of emotions are a great way to process and release big feelings. Acknowledge and label children's emotions daily, consider implementing a mood check-in routine into the daily schedule. You can use puppets and or books to teach about emotions. Use a calm and positive tone when responding to emotions no matter how big they are; for example, "I know you are scared. It is ok to be scared and I want to help you ". Remember to let children know you are there to listen and help when they have big feelings(worried/scared). Supportive conversations should also occur between caregivers in order to share routines and strategies across home and school. Consider utilizing a social emotional curriculum that can be used at home and school.

Teach and implement coping skills (deep breathing, guided meditation, and regulation charts). Implement and utilize a cozy corner as an appropriate place where children can go to relax and regulate (see links below).

Supporting Children with Anxiety as they Transition Back to School

Apoyar a los niños con ansiedad en su transición de regreso a la escuela

Reassurance: Let children know they are safe and that all caregivers are working hard to make sure they stay safe. Teach children tools they can use to help them feel safe: washing hands for 20 seconds, covering coughs and sneezes, giving peers personal space etc. Consider using charts and books/social stories as a way to teach about safety (see below) . Provide positive attention (air high fives and cheers) as it helps to boost self-esteem and effort. Last, set reasonable expectations so children can be successful.

Refer to professionals: Some children will require additional supports as they transition back to school. Reaching out to or referring a family to a professional is great way to provide individualized support to meet a child's specific needs. Remember, you don't have to have all the answers and other professionals are available to help (see list of early childhood professional supports below). If you feel a child is at risk of immediate danger/ harm, please contact 2-1-1 or 9-1-1 for immediate assistance and follow your center's safety protocols.

Finally, remember children need time to adjust. Please be patient and supportive during transitions. Make sure you are in tune with your own self-care needs and levels of stress. Children often pick up on caregiver stress. Furthermore, caregiver stress levels directly impact how effectively a caregiver can support a child. We must take care of ourselves so we can best take care of our children.

Submitted by: Whitney Simmons, M.A
Early Childhood Mental Health Consultant
The Village for Families and Children

Cozy Corner Directions:

<http://www.eccpct.com/Customer-Content/www/CMS/files/Cozy-Area-Directions-ECCP.pdf>

Emotion Book Resources: <http://www.eccpct.com/Resources/Book-Shelf/>

Coping/ Regulation Tools:

- <https://www.zerotothree.org/resources/3406-mindfulness-practices-for-families>
- <http://www.eccpct.com/Customer-Content/www/CMS/files/Comfort-Box-Ideas-ECCP.pdf>

Social Emotional Curriculums:

<https://www.ct.gov/oec/cwp/view.asp?Q=608364>

Early Childhood professionals:

- Early Childhood Consultation Partnership (ECCP): www.eccpct.com
- Child Info-Line : <https://cdi.211ct.org/>
- Birth to Three: <https://www.birth23.org/>
- CT Department of Education: <https://portal.ct.gov/SDE/Services/Special-Education>

Questions



OEC Updates

OEC website has been updated to direct questions regarding this program to kickstart@ctunitedway.org



UPCOMING EVENTS

8/26/2020

1:00

Network Support through Zoom



THANK YOU FOR JOINING

Thanks to those who joined on Monday - OEC & CT Nurses Association

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