

The TN Child Care Resource & Referral Network employs 15 Family Engagement Quality Coaches who are located statewide. We provide referral, education and training services to parents, families, child care educators and communities.



## Supporting Your Child During and After the Pandemic

Just like adults, children and teens respond to stress in a variety of ways. You may see changes in your child's behavior that are actually responses to dealing with the stress in their life. These include:



- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (e.g. bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain

Children and teens rely on the adults in their lives to help them gain an understanding of the world around them. When going through a crisis, like the COVID-19 pandemic, it is more important than ever to listen to your child's questions and model positive coping skills such as deep breathing. Other positive behaviors include: Limiting social media, establishing a schedule, frequent breaks and exercise, and creative activities. For more, visit: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html)

## **May is National Foster Care Month**

*Nationwide there are over 415,000 children in foster care.*

Across Tennessee alone, there are just under 8,000 children in care and approximately 900 of these children are residing in permanent foster care because their parent's rights have been terminated. May is a special time to honor and recognize those exceptional families who have opened their doors to children in need.

If you would like information on becoming a foster parent, go to:

[www.tn.gov/tnfosters/foster-parent.html](https://www.tn.gov/tnfosters/foster-parent.html)

[www.childwelfare.gov/fostercaremonth](https://www.childwelfare.gov/fostercaremonth)

[tnallianceforkids.org/stats](https://tnallianceforkids.org/stats)

## Water Safety

As the weather gets warmer, we find ourselves engaging in activities that take place in or around water. Water can be fun for children, but it can also be deadly. Even children who know how to swim can have a water related accident.

To reduce the risk of drowning follow these general water safety tips:

- Learn cardiopulmonary resuscitation (CPR).
- NEVER leave children unsupervised near water.
- Teach children to swim.
- Avoid alcohol when boating, swimming or supervising children.

For more information visit: [www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/child-safety/art-20044744](http://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/child-safety/art-20044744)

## CONTACT US

To reach a FEC Coach visit:  
[www.tnccrr.org](http://www.tnccrr.org)



Over the past few weeks COVID-19 has disrupted routines, forced closures, and caused financial hardships, especially in Tennessee's child care centers. We want you to know in this time of transition, Child Care WAGE\$ Tennessee offices are still open and we are eager to reward your staff with salary supplements, especially during this time when financial stress could be at the forefront of their minds.

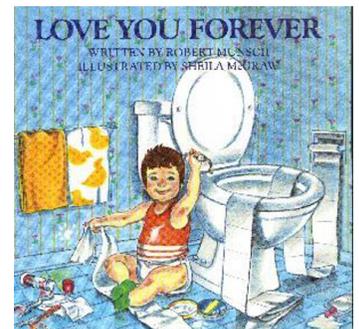
Visit [www.tnwages.org](http://www.tnwages.org) today for more information on how to apply, or call our offices at 423.698.8528 ext. 650.

Michelle Kelly - WAGE\$ Director

## The Book Corner

### *Love You Forever*, by Robert Munsch

*Love You Forever* is the perfect Mother's Day story. It follows a mother and her son from her child's infancy to adulthood and paints a beautiful picture of the mother's unending love for her child. We also see how that the responsibilities begin to reverse as the mother ages and the son takes on the role of the nurturing caregiver. You will need a box of tissues for this one!



## Child Care Payment Assistance

### COVID-19 Essential Employee Child Care Payment Assistance



TN DHS is offering child care payment assistance to essential employees with children enrolled at licensed programs. That includes service station employees, airport staff, shipping employees and those who work in public transportation. To learn more, visit:

[www.tn.gov/humanservices/news/2020/4/17/tennessee-partners-with-the-ymca-and-the-boys---girls-clubs-in-tennessee-to-provide-free-child-care-to-essential-workers.html](http://www.tn.gov/humanservices/news/2020/4/17/tennessee-partners-with-the-ymca-and-the-boys---girls-clubs-in-tennessee-to-provide-free-child-care-to-essential-workers.html)