



The TN Child Care Resource & Referral Network employs 15 HSWB Quality Coaches who are located statewide to promote the health & safety practices in early care and education, developmental monitoring and screening info and social & emotional development of children.

Incorporating Health & Wellness into Your Daily Lesson Plans

Building Resiliency, Shedding Stress for Lifelong Success

During this COVID-19 Pandemic, we all have learned a few things, such as, “social distancing” and proper hand-washing. However, young children may not understand the importance of these practices as much as the adults that care for them. When we wash hands teach children the techniques of:



- Washing for 20 seconds
- Wet hands with warm water and then soap
- Rub soap in between fingers and the front and backs of hands

Try this experiment to make hand-washing fun:

You can paint children’s hands with dots or a stamp. The dots represent germs on our hands. Then use a timer to see how long it takes the child to get off “the germs.” This helps children recognize how long hand washing should take to be effective. With older children you can change this experiment by using both warm and cold water to see if either makes a difference.

SAFETY SNIPPET

As we navigate through the COVID-19 pandemic, be sure you are maintaining healthy and safe standards within your child care facilities. The CPSC has created a series of Safety Checklists to prevent injury or death.

1. **Anchor It:** Anchor unsteady and heavy furniture to prevent injuries.
2. **Window Coverings:** Secure any dangling window cords to ensure they are out of the reach of children.
3. **Cleaning Products:** Be sure cleaning products are locked up. In addition, take this opportunity to deep clean classrooms that have been unoccupied.

Source: www.cpsc.gov/Safety-Education/Safety-Education-Centers/covid-19-home-safety



TEACHER SELF-CARE

Educator Wellness: Self-Care in a Selfless Field

Practicing mindfulness can help reduce stress. Mindfulness is the practice of being in the present moment. Practicing mindful awareness helps you to learn to see what is truly happening in your classroom, allowing you to find better solutions to problems you see. Take moments to pause and center yourself. Mindfulness is a chance to be more in control of your emotions.

Source: greatergood.berkeley.edu/article/item/seven_ways_mindfulness_can_help_teachers

CONTACT US

For more information and to reach a quality coach near you.
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 today for more information on how to apply, or call our offices at 423.698.8528 ext. 650.

Michelle Kelly - WAGE\$ Director

PRO TIP

Managing Stress During Isolation

During the past few weeks, it is likely that you have experienced a change in routine that was out of your control. Loss of control and changes in routine are big sources of stress for many. Here are some steps you can take to manage your stress:

1. Place one hand on your belly and one on your chest.
2. Take a deep breath into your belly and feel your hand rise.
3. Exhale slowly and gently through your lips, like you are blowing on hot soup.
4. Repeat 2-4 times.
5. Respond to the situation once you feel calm.

Source:

www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care



Coach's Corner



Creating caring communities helps to engage our littlest learners. Fostering relationships helps create positive environments of connection and learning.

1. Model respectful language for children to use with one another: *"Thank you for helping Yu Yu pick up her bristle blocks. That made it easier for her to clean up, and for all of us to get ready to go outside."*
2. Create shared rituals that reflect "the way we do things in our class". For example, a special story hour every Friday, a handshake as children leave, etc.
3. Find concrete ways like a "kindness jar" or a display board to help children notice and describe kind things that others do to make class a better place for everyone.

Source: *Enthusiastic and Engaged Learners: Approaches to Learning in the Early Childhood Classroom* by Marilou Hyson