

Child Care Reopening: Supporting Social Emotional Needs Resources for Vermont Families & Child Care Providers

How do I support children and families as they return to child care?



Pyramid Model Considerations FOR RE-OPENING AFTER AN EXTENDED CLOSURE



1

Relationships

Reinforce feelings of safety and security through meaningful connections.

Schedules

Update visual schedules and re-teach with developmentally appropriate expectations.

2



3

Routines

New routines may require additional time and adult patience.

Anticipate

Some children may have unexpected behaviors. Be responsive to the unmet need.

4



5

Emotional Literacy

Feelings may come and go. Encourage children to "check-in" with their emotions.

Self Reflection

Recognize your own feelings. Talk about them. Ask for help from a colleague.

6



Child Care Reopening: Supporting Social Emotional Needs Resources for Vermont Families & Child Care Providers

Where can I go for supports?

The resources and contact information below can provide you with services and supports to meet your needs as a family and/or child care provider.

[Help Me Grow VT](#)

Help Me Grow Vermont promotes the healthy development of children (prenatal through age eight) by supporting families and early educators to link children and families to the services and supports they need. A trained child development specialist is available to answer your questions about available community resources and take referrals on behalf of families with children. Dial **2-1-1 ext. 6**, text **HMGVT** to **898211**, or refer a child or family [here](#).

[Children's Integrated Services \(CIS\)](#) or call 2-1-1 ext. 6

CIS offers supports to families and child care programs that help ensure the healthy development and well-being of children, pre-natal through age 5 including home visiting, early intervention, specialized child care (up through age 12) and early childhood and family mental health treatment and some consultation to child care providers.

[Community Mental Health Providers](#)

Community mental health agencies can provide a variety of mental health services and supports to children and families, including individual and family therapy, service planning and coordination, parenting support, behavioral consultation, community and skill-building supports, and psychiatry.

[Vermont Parent Child Centers](#)

Services include early childhood supports, home visits to families with young children, playgroups, parent education, parent support, and information and referral.

[VT Agency of Education \(AOE\), Early Education](#)

AOE Early Education division offers support of children, early educators and families through the Vermont Early Learning Standards (VELS) (Birth -Grade 3). Resources include: Early Childhood Special Education Services webpages, VELS educator and family webpages, and Universal Prekindergarten (Act 166) information, and Universal Prekindergarten newsletter (UPK Café) archives. AOE.UPK@vermont.gov

[Vermont Crisis Text Line](#)

Text "VT" to 741741 for free, confidential support anytime about any type of crisis.

Child Care Reopening: Supporting Social Emotional Needs Resources for Vermont Families & Child Care Providers

Where can I go for additional resources about COVID-19 and Early Childhood?
The websites below have many tools and resources to help with ideas, planning, and strategies to support the children and families during this time.

[Vermont Department of Health](#)

This website has COVID-19 information and resources for schools and childcare including information on helping children and families transition and adjust, helping children wear cloth face coverings, and health guidance for child care and summer programs.

[Building Bright Futures \(BBF\)](#)

BBF improves the well-being of all children and families in Vermont by using evidence to inform policy and bringing voices together to discuss critical challenges and problem-solve. The COVID-19 website is a compilation of statewide resources for basic needs, mental health, safety, health, childcare and more.

[Help Me Grow VT](#)

This website features information, tools, and resources for both families and early educators to support children's social emotional development and resilience.

[Let's Grow Kids](#)

Let's Grow Kids works to strengthen early childhood education, building a movement, policy change and research.

[Northern Lights at CCV](#)

Northern Lights at CCV is the hub of the professional development system for early childhood and afterschool professionals in Vermont.

[Vermont Agency of Education](#)

[Vermont Child Development Division & Children's Integrated Services](#)

[Vermont Department of Mental Health](#)

Resources compiled with the following partners, June 2020

