INSIDE THIS ISSUE
What's Relevant on ECLKC.............2
Other Resources................................2
For Families.....................................2
Make Sure to Watch these Short Videos Focused on Stress Reduction Through Mindfulness..................3

Stress Reduction

Stress is natural and may seem inevitable. However, it can take a toll on the health and effectiveness of early childhood staff, family members and other caregivers. Stress impacts the quality of care adults are able to provide. When caregivers are stressed they are less likely to offer the praise, nurturance, and structure young children need.

In this issue of the 2016 Mental Health & Social and Emotional Newsletter, learn more about stress reduction strategies and resources for adults and the children they care for.
What's Relevant on ECLKC

**Taking Care of Ourselves: Stress Reduction Workshop**
Mental health consultants and other facilitators can use this PowerPoint presentation and related materials with Head Start staff and families to teach techniques to reduce stress. **Stress Log Template; Talk Back to Your Unhelpful Thoughts Tip Sheet; Making a Praise Sandwich Worksheet**

**Taking Care of Ourselves**

**Cómo Cuidarnos** Español
This booklet focuses on how early education staff and administrators can identify personal sources of stress. The activities included help the reader learn the signs of stress and strategies for reducing it.

**Preventing Family Crisis**
It is important for families experiencing stressful situations to recognize the power they have to create more satisfying and less stressful lives. Mental health consultants, family services staff and others may benefit from learning these practical strategies for supporting families in crisis featured in this excerpt from Supporting Families in Crisis training module.

**A Dozen Posters to Combat Stress** English
**Estrés Conceptos Básicos** Español
This series of 12 colorful posters teaches effective strategies to reduce stress in Head Start families and staff. Print these out and post them in different areas of your home or program. Programs can try placing them in break rooms, kitchens, or even on the back of the bathroom stall doors—the only places busy teachers get a moment to breathe! These posters are designed to be printed out in color on 8” x 14” paper.

For Families

**Making Life Easier: Holidays - Strategies for Success**
Travel, shopping, loud music, bright lights, unfamiliar food, and busy schedules can turn typical routines upside down! The disruption to routine can be particularly difficult for children who depend on routine and predictability to engage in appropriate behavior. This tip sheet provides strategies to reduce stress during cultural holidays and enhance quality family time together.

**Making Life Easier: Running Errands**
Everyday errands can be stressful, especially when children are tired, traffic is bad and store lines are long. This resource offers tips for making routine errands more enjoyable, for caregiver and child.

**Reducing Stress** English
**Cuidado de sí mismo: Reducción del estrés** Español
Stress is a part of life. Yet, too much stress can have negative consequences. Too much stress can cause health problems and can make parenting more difficult. Caregiver stress can even contribute to children’s challenging behavior. This brochure identifies some easy-to-use stress reduction and self-care tips. It can be shared with parents and staff.

**Taking Care of Ourselves** (for Parents) English
**Cómo Cuidarnos** (por Padres) Español
This booklet focuses on how early education staff and administrators can identify personal sources of stress. The activities included help the reader learn the signs of stress and strategies for reducing it.

Other Resources

**Helping Children Cope with Stress in Child Care**
This article from eXtension addresses the most common stressors for children in child care and provides coping strategies as well as stress reduction activities.

**How to Reduce Stress and Beat Burnout**
This article from NAEYC’s Teaching Young Children provides ten tips to help early childhood teachers take an active role in reducing factors that lead to increased stress burnout.
Make Sure to Watch these Short Videos Focused on Stress Reduction Through Mindfulness

**Belly Breathe with Elmo**
This 2.5-minute interactive Sesame Street music video featuring Colbie Caillat, Common and Elmo teaches children how calming belly breathing can “chill your inner monster out.”

**What the Kids Say**
In this unscripted 3-minute video, young school age children explain how they feel when they’re angry or frustrated, and how breathing and meditation helps them cope. This film is produced by Julie Bayer Salzman & Josh Salzman of Wavecrest Films.

**Mindfulness Is Not A Crystal Ball But Clarity Can Be Magical**
Susan Kaiser Greenland, Author of The Mindful Child and founder of the Inner Kids Program uses a glitter ball to help children and families understand how mindful awareness can help them see their inner and outer life experience clearly.

---

**School readiness begins with health!**

The National Center on Early Childhood Health and Wellness welcomes your feedback on this newsletter issue as well as your suggestions for topics for future issues. Please forward your comments to health@ecetta.info or call (888) 227-5125.