

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.



## Stress is a Mess!

April is Stress Awareness Month. With the current landscape surrounding child care and COVID-19, this is more important than ever. Although positive stress like trying out for a sports team, first day of school, or meeting new friends can lead to resilience, tolerable and toxic stress can have a harmful effects on our children's bodies. As parents, we need to talk to our children about stress and how to manage their emotions and feelings in a healthy way.



Teaching deep breathing exercises at an early age can help your child better manage their stress levels as they get older.

Benefits include:

- Reduced anxiety
- Improved focus
- Sense of calm

Bubble breathing is a great activity to teach deep breathing with younger children. Your child can have a fun exercise in learning deep breathing by having your child pause one or two seconds before blowing another bubble. This can be a fun bath time activity. For more on deep breathing, visit: [www.mindfulmazing.com](http://www.mindfulmazing.com).

## Staying Safe Outside

As the weather is warming up and more families are spending much needed time outside, it is also important to recognize safety hazards that could be lurking in the backyard or on playgrounds.

Be on the lookout for potential hazards that may include:

- |                          |                              |
|--------------------------|------------------------------|
| • Head entrapment spaces | • Improper ground surfaces   |
| • Sharp points and edges | • Overcrowded play areas     |
| • Strangulation hazards  | • Unprotected elevated areas |

For more safety tips, [visit: www.nsc.org/home-safety/safety-topics/child-safety/playgrounds](http://www.nsc.org/home-safety/safety-topics/child-safety/playgrounds).

## Behavior Management

Dealing with tantrums is difficult for any parent. We can help our children learn how to manage their emotions and, with age, tantrums will subside. Some tips on managing tantrums include:

- Remain calm.
- Hold your child so they have a sense of safety.
- Practice deep breathing.
- Stick to a daily routine and schedule

*"When your child is having a floor-thumping tantrum, the most important thing you can do is remain calm and wait it out."*

Visit [www.cdc.gov/parents/essentials/index.html](http://www.cdc.gov/parents/essentials/index.html) for more information.

## CONTACT US

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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

### *No More Tantrums* by Maria Van Lieshout

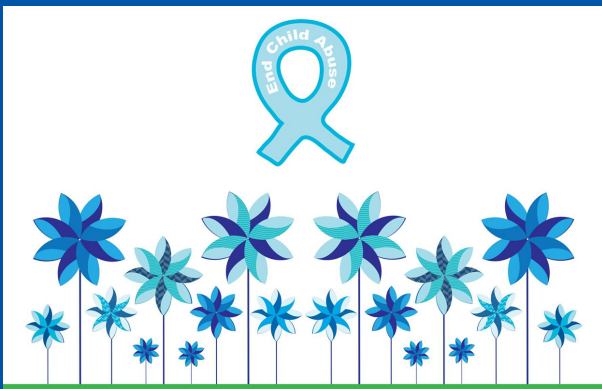
Every child's life is filled with milestones. Some happen easily; others need a little extra support. Artist and mom Maria van Lieshout has been there!

Drawing upon her own experiences, she has created an engaging series of books just right for children on the brink of major changes and the caregivers who encourage them.



## ACES

Adverse childhood experiences (ACES) are considered traumatic experiences occurring in the child's life before the age of 18. A study found a link between the number of ACES a child experiences and negative outcomes in adulthood. Prevention of ACES for our children is critical in building a strong and healthy society.



Building Strong Brains Tennessee is a statewide effort to promote culture change regarding early childhood. Mission goals include:

- Increasing the potential of a healthy, productive life
- Impacting policy to prevent ACES
- Reduce Community conditions that contribute to ACES
- Supporting local and State projects that reduce toxic stress

For more information, contact your local Family Engagement Quality Coach at [www.tnccrr.org](http://www.tnccrr.org) or visit

[www.tn.gov/tccy/ace/tccy-ace-building-strong-brains.html](http://www.tn.gov/tccy/ace/tccy-ace-building-strong-brains.html)