

# DELAWARE INSTITUTE FOR Excellence *in* Early Childhood

## **PD Answers Call with Offering for Managing Stress and Building Resilience**

COVID-19 has turned our world upside down, leaving all of us looking for ways to cope and manage through this crisis. We know early childhood professionals are on the front lines having to deal with the stresses that children and families are feeling, as well as their own health and wellness.

In response to the pandemic, DIEEC is providing professional development with resources and practices that support children's social/emotional development, and teach strategies for you to become more resilient.

The offerings include:

**"Stress and Resilience"**- Stress is real, and it can be toxic. We can counter the toxic effects by focusing on what we can control and by building core capabilities.

This workshop uses videos and an online game to teach how to have a positive response to stress and create healthier communities. One of the ways to counter toxic stress and build resilience is to support executive function skill-building in the classroom. This workshop explores how to build executive function skills by creating classroom environments and activities for children to practice these important skills.

This training is a virtual course to be completed on your schedule. It requires that you access email and complete and submit a Google form (which will be sent in your email.) This course is at the introductory level and addresses Professionalism Competencies.

**"Mindfulness: A Resilience Practice"**- This module will encourage participants to take care of themselves by reducing stress and optimizing their effectiveness as early childhood educators. This approach captures

the notion of teaching from the inside out - a phrase that highlights the importance of promoting core resilience skills among educators.

Resilient educators are more capable of creating and maintaining nurturing, supportive, and effective learning environments while prioritizing their well-being. This workshop will teach educators about practices that will help them manage stress and build resilience, pause, and focus on the present moment. Also, participants will learn practices to teach children to use their senses to focus on what is happening in the current moment, leading to a calm state.

This workshop is an introductory level course, and the focus is on the Social/Emotional Competencies. It is a live Zoom training. Participants can join the live Zoom using a link they will be sent in an email, or they can watch the recording that will be sent out the day after the Zoom workshop. Participants must also be able to complete a workbook and email it to DIEEC for credit hours.

**"Crisis to Calm: Using Communication and Curriculum"** - The current pandemic has impacted most children. Early childhood educators play a critical role and will likely support many young children affected by a crisis event, including the pandemic.

Participants will learn about the principles of effective communication with children about scary or difficult events, such as COVID-19. Participants will also explore ways to support children during a crisis through play, music, art, and read-aloud. This workshop focuses on the Social/Emotional Competencies.

The level is introductory, and the target audience is early childhood teachers for ages 3-8. This is a two-part training. Each part will be a two-hour live Zoom. Participants can join the live Zoom sessions using a link sent in an email, or they can watch the recordings sent out the day after the Zoom workshops. Participants must also be able to complete the workbooks and email them to DIEEC for credit hours.