BE MINDFUL OF MENTAL HEALTH DURING COVID-19

These are challenging times for everyone. Maintaining emotional health and well-being is more critical than ever. That is why Child Guidance & Family Solutions (CG&FS) will continue to serve families, teachers, and providers of young children, ages 0-8 years.

EDUCATORS
We know many of you are facing new challenges due to the spread of COVID-19. Right now, you might be shifting to remote teaching, trying to keep your students engaged in learning while they're home, or working hard to ensure those affected by school closings are safe, healthy, and well fed. TAPS Early Childhood Consultants are experts in social, emotional, and behavioral issues and can provide support to directors and early educators by phone.

FAMILIES
We know many families are facing new challenges due to the spread of COVID-19. With many young children at home, families of all kinds are experiencing stress and worry. We can advise you on how to talk to children about what is happening, how to keep children safely occupied and safe by using physical distancing, and how to manage difficult child behaviors at home.

TAPS Early Childhood Consultants are available to talk with you by phone.

The TAPS Consultant are experts in social emotional and behavioral issues and will:
- Listen to your concerns and gather information about your child (age 0-8 years) and family to help you
- Provide a guide to self-care, help you and your family to identify healthy ways to cope
- Provide you with behavioral strategies to use at home with your child(ren)
- Partner with you to develop a behavior plan and provide weekly support to you
- Provide age-appropriate information about how to talk with your child about the pandemic, provide home activities, and fun links on social emotional learning to keep kids engaged
- Provide community resources and referrals to help you in these different times
- Provide support for Incredible Years® Families on ways to use the skills at home now

Call a TAPS Consultant at 330-762-0591