

THE VILLAGE

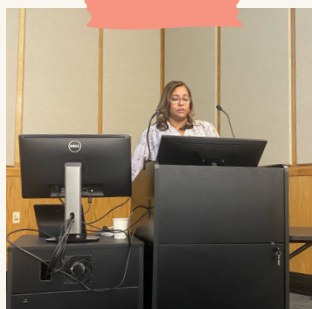
TIKES Infant and Early Childhood Mental Health Consultation

A quarterly newsletter providing insight and support for the village of caregivers in Louisiana.



TIKES News

In December, our TIKES directors, Dr. Allison Trigg and Dr. Angela Keyes, spoke on a panel on "Supporting the Well-Being of Young Children and Their Caregivers: An Overview of Early Childhood Programs at Tulane Psychiatry" at the Tulane School of Medicine's 2023 Brain and Behavior Conference.



This panel was an opportunity to discuss early childhood mental health alongside professionals from other impactful Tulane programs, including Early Childhood Supports and Services (ECSS), Tulane Comprehensive Assessment and Treatment Team (T-CATT), and Tulane Center for Autism and Related Disorders (TCARD).

TIKES was also represented at the Child Care Association of Louisiana (CCAL) 2023 Fall Education Conference, where Drs. Trigg and Keyes presented on "Supporting Executive Functioning in Young Children."

**It takes a village to raise a child,
We're here to support the village.**



TIKES Tips

How do we create safe environments for little ones? Unfortunately, many children experience trauma at a young age. Therefore, it is important that all environments be safe, trauma-sensitive spaces that support children in creating positive self-identities. Here are some tips for helping children who have experienced trauma:

Foster a sense of safety. The most important strategy is making sure a child feels safe. Remind children that they are safe with you, ensure that your physical space is up to safety standards, and find opportunities to model physically and emotionally safe interactions.

Create consistent daily routines. Stable routines help children understand that the world can be a safe place by empowering them to know what comes next. This might be done by using a visual calendar or creating a book with images outlining the daily schedule.

Teach self-regulation. Start each day with a special calm down ritual, such as deep breathing, that gives children the strategies they need to pay attention and regulate when they are stressed.

Remember one size does not fit all. While a soft pat on the back may calm one child, it may have the opposite effect on another. Remain open and look for strengths in children with the behaviors that are most challenging to manage. And always remind them of what they are doing well!

Go to our [Youtube channel](#) to learn more TIKES Tips!



Consultant Spotlight

Dr. Corey Black from the New Orleans region is our latest mental health consultant in the spotlight! Corey is a child psychologist who joined the TIKES team in 2021 after working as a clinician at the Center for Resilience school setting. As a consultant, Corey is strongly committed to the community he serves and believes that change can only happen when positive relationships are built between teachers, staff members, children, and families. Corey masterfully uses his consultative skills to build and support relationships between the many different individuals involved in the care of children. He has even developed a presentation that is focused on highlighting the importance of the child-teacher relationship in early childhood education settings. This presentation brings attention to the impact that positive relationships can have on the current and future functioning of young children.

Outside of work, Corey is currently working towards his licensure, and is a father to two beautiful sons and a bonus daughter! Our TIKES team truly values the experience and heart that Corey brings to our work!



“What I value most about being a consultant is being able to support those who are underappreciated and under-recognized and being a voice for those who are often silenced. In this work, a large portion of our time and energy goes into validating the experiences of the educators and families with whom we work. As a consultant, I am able to provide this understanding and allow families and childcare staff members to feel heard and supported.”

More to Explore

Have you ever wondered how early childhood experiences impact brain development? Researchers know that trauma can have negative impacts on a developing brain, including attention issues, learning problems, low self-esteem, impaired social skills, and difficulties with sleep. This is why trauma-informed care is key! The brain is resilient at its earliest stages, and trauma-sensitive caregivers make a world of difference in the lives and adjustment of young children.

Learn more about brain development in babies and toddlers [here](#).

The Cozy Corner

As a caregiver with never-ending to do lists, self-care may not feel like a priority, but it is! It can take hard work to make it part of one's daily life. But, by taking care of your own mental health you'll have more positive energy for yourself and your children. Here are some suggestions to help you build self-care into your regular routine.



Self-care must be a priority. Honestly assess other activities in your life that aren't necessary to make more time for self-care. Then, schedule in self-care the same way you do other priorities.

Set healthy boundaries for your time. You might need to be more firm about when you do and don't work when possible. By setting healthy boundaries for work, you'll have more time for activities that alleviate stress.

Celebrate your successes. Remember self-compassion! You chose this work for a reason and celebrating your successes is not just well-deserved, but important to your well-being.

Connect with other adults. Try to schedule regular check-ins with colleagues and friends to support each other and talk through common challenges you face.



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