

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

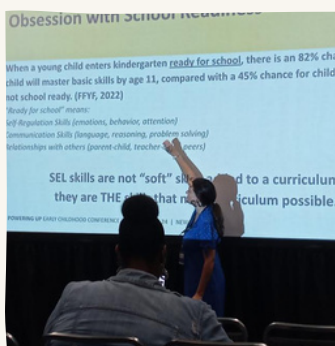
- Did you see us? Our consultants have been on the move this summer, presenting at LDOE statewide conferences to discuss early childhood mental health!



Ginger Hisaw & Patti McGilton
Teacher Leader Summit 2022



Krystle Johnson & Jacqie Johnson
Early Childhood Conference 2022



Bree Spielfogel
Early Childhood Conference 2022

- Let your voice be heard! The Power Coalition for Equity and Justice & Geaux Far Louisiana are hosting virtual and in-person listening sessions for the early childhood community! Upcoming meetings are in August. Click [here](#) to see where your community is meeting to discuss their vision of the early childhood system.

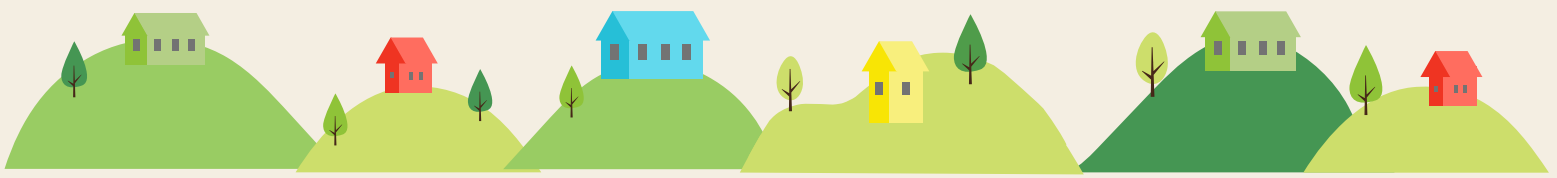
TIKES Tips

Summer heat is still here, but the school year is around the corner! While early childhood classrooms are still rolling in the summertime, it can be a great time to reset from the busy school year. So here are some tips to help centers prepare for the school year ahead.

Take a look at your environment: Summer can be a great time to make changes to your classroom environments, which have an impact on children's behavior. Look to see what is working in your classrooms and how you can best add visual aids to support children.

Establish routines and structure: In the summer, classrooms can take a more relaxed approach. Even though summer can be more flexible and less structured, routines and schedules are still important. Starting your routine for the school year now can help ease that transition more easily. Routines give structure and consistency, and helps children understand what is expected of them!

Consider social emotional screening: With the transition of the school year ahead, it is a great time to look at young children's development. With parent consent, consider using screeners like [Ages and Stages \(ASQ\)](#) to get an idea of where your children are developmentally, and where they may need additional support.



Consultant Spotlight

Next in our consultant spotlight is Andrea Thompson, LPC! The first word we would use to describe Andrea is brave. Andrea is originally from Lafayette but moved to Baton Rouge to join the TIKES team in November of 2020, and we are so happy that she made the leap of faith. She is a valuable and passionate member of our team. Her strengths include her ability to build a strong rapport with teachers, directors, parents, and community partners. Andrea has an endearing spirit that has been described as having a calming effect, particularly in the classroom. Another strength of Andrea's is her ability to be reflective. She is always ready to get into a reflective space in order to gain a new perspective. When asked what she values about being a consultant, she said...



"...My relationships with colleagues, directors, teachers, parents, community partners and especially the kids, I value that they all trust me to be a safe place for them when needed. I also value the adventure of being a consultant. I am excited to continue learning and growing with my team."

More to Explore

How do you make sure a young child is ready for school? It starts at birth! The support of parents and caregivers in helping young children acquire the social emotional skills, knowledge, and attitudes is necessary for success in school and in life! Here is what the research shows as the building blocks of a "school-ready" child:

Children's academic successes at ages 9 and 10 can be attributed to the amount of words and talk they hear from birth through age 3.

Emotions play a big role in a young child's capacity to learn, develop empathy & resilience, and display self-control.

Play promotes a love for learning and development of skills, concepts, language, communication, and concentration.

Click [here](#) to learn more about school readiness in young children.

Follow us on   
Visit our [website](#)
for more info on TIKES



The Cozy Corner

As an early childcare professional, you spend a lot of time thinking about others, With the new school year around the corner, take some time plan for yourself, and know that self-care is the best gift you can give to yourself and to those around you! Here are some ways you can incorporate self-care into your daily routine:

- **Schedule time for self-care.** Once it's a priority in your day, you will you be more likely to do it AND have something to look forward to in moments of stress!
- **Keep a journal** (paper or on your phone) and write in it to work through difficult days when you feel overwhelmed.
- **Assemble a "rainy day" box of positivity** that might include thank-you cards, student drawings, or your favorite inspirational quotes to look over on days when you're feeling down.
- **Write down and celebrate your successes!** You chose this work for a reason and celebrating your successes is not just well-deserved, but important to your well-being. Remember that your successes go beyond the classroom.