

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

We did it! Thanks to the outpouring of public action and support, the revised Louisiana Early Learning and Development Standards (ELDS) were approved on December 13th! Because of our village of parents, providers, and early childhood experts, young children will continue to benefit from research-based standards of social and emotional learning that will aid in their healthy development! Click [here](#) to check out the revised ELDS.



The TIKES team wants to wish you all a very happy winter holiday and new year!

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



TIKES Tips

Winter is here! Which means it is also time for hibernation.. There are some kiddos that can fall asleep easily, just like a bear going into hibernation. For other kiddos, falling asleep can be difficult, which means nap time can be a struggle. Here are some tips to help young children who need help settling down for rest.

Be mindful of a child's developmental age.

When it comes to sleep, a child's developmental age is very important. Babies sleep on and off throughout the day, Young toddlers might need a mid-morning nap.. Older children, like 5 years old, they can begin to outgrow that nap, and no longer need it. Keeping their age in mind will help manage caregiver's expectations.

Keep a consistent routine.

Routines help children know what to expect, and that helps them feel safe and comfortable. We need to feel safe and comfortable in order to fall asleep. So keeping nap-time routines and rituals consistent is so helpful!

Keep the pressure off

Nap-time can be a very powerful word, especially to a toddler, who is seeking independence and control often. Try switching out nap-time for words like rest or quiet time. This can help take the pressure off of falling asleep.

Support their individual needs

We all don't fall asleep the same way. Even young children have their own unique needs when it comes to their sleep. Some children need to be rocked or patted, Others might need a quiet toy to play with before falling asleep. Some might need music, or a really dark room. Getting their needs met = restful sleep.

For more information, check out the TIKES Tips YouTube video [here](#).



Consultant Spotlight

Bree has been a consultant in the Greater Baton Rouge area since August of 2020. When Bree joined the team during the first year of the pandemic, there was so much uncertainty, but Bree was brave and jumped right in. Throughout all the uncertainty, Bree always reminded our team just how much we need to be paying attention to the voices of young children. She constantly brings a child's perspective into focus. Representing all voices, but especially a child's, is a core principle in our consultative work. Another one of Bree's strengths is her passion for working with Family Child Care providers. Bree has formed many strong relationships with FCC providers she serves. She is always committed to providing quality support and being an advocate for those providers. Bree assists our team in a big way by being a part of our program evaluation team and is responsible for inputting program evaluation data, which is necessary for the TIKES program's continued success.



"It is a profound privilege for families and caregivers to share their children with me. I am constantly in awe of their vulnerability and strength. I can say with 100% certainty that investing in the social and emotional development of young children yields profits that we can't even begin to quantify for our community. Having a job where I believe so strongly in the mission is a gift!"

More to Explore

In Louisiana, there have been many conversations about the importance of developing social and emotional skills in children. Decades of research shows that children's social and emotional health affects their overall development and learning. So, what is social emotional development? It is a child's ability to experience, regulate, and express emotions; form close and secure relationships; explore the environment and learn. Children with these skills tend to be happier, more motivated to learn, more positive about school, and demonstrate higher academic performance than peers with less well developed social and emotional skills.

Caregivers play key roles in helping children develop social and emotional skills and can intentionally support their growth through books, planning activities, coaching on the spot, giving effective praise, modeling appropriate behaviors, and providing cues. To learn more about promoting social and emotional development, click [here](#).

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The Cozy Corner

During the winter holidays, early childhood professionals are often falling into survival mode in centers and at home. This can wear on our bodies, minds, and spirit. If you are looking for ways to live more meaningfully this season, as yourself this question:

How can I choose hope for the holidays?



In times when we feel not much is in our control, it's a relief to focus on things we are still in charge of. Here are some ideas for choosing hope in the new year:

- ♥ Keep a journal that contains things like inspirational quotes or a list of self-care ideas that you want to take into the new year.
- ♥ Write down your short term and long-term goals and make a plan for how to make them happen.
- ♥ Think about what new traditions you'd like to share with your loved ones.
- ♥ Plan to reach out to an old friend that you enjoy but have neglected due to day-to-day activities.