

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

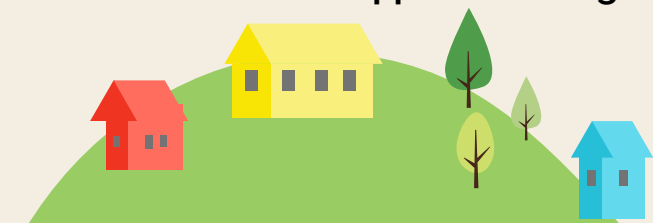
TIKES assistant director, Dr. Angela Keyes, has been featured in the EdSurge article "Who's Looking Out for the Mental Health of Infants and Toddlers". Click [here](#) to check out Dr. Keyes highlight the importance of finding meaning behind child behavior and mental health consultation as an early intervention.

TIKES consultants will be presenting at the upcoming Early Childhood Conference 2023 in June! Look out for these presentations:

- "Neurodiversity in the Early Childhood Classroom", presented by Lisa LaRoche, LCSW-BACS
- "Understanding and Supporting Young Children Demonstrating Challenging Behaviors", presented by Lisa LaRoche, LCSW-BACS and Jacquelyn Johnson, LMSW

TIKES consultants Ginger Hisaw, MA, LMFT, LPC-S and Patti McGilton, LPC, LMT will be presenting "Reconsidering Challenging Behaviors and Discipline" at the Teacher Leadership Summit 2023 in June!

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



TIKES Tips

Have you ever thought to yourself, "why is sharing so hard for toddlers?". Sharing is difficult for young children because it involves thinking about someone else's feelings, wants, and needs. Toddlers are still developing these abilities, and so an unwillingness to share is a normal part of development. Here are some ways that you can support a toddler in learning how to share:

Model sharing. Adults should introduce sharing throughout the day. For example, use statements like "Here you go, Darryl; you can share my blocks to build your tower" and praise such as, "That was great sharing! You bounced the ball back to Anna."

Use activities to teach sharing. Adults can use books, puppets, and other interactive activities to teach sharing during circle time and group activities.

Acknowledge feelings. When conflict happens, it's important to acknowledge feelings and show empathy: "He picked those trains up first so he gets to play with them first. You can have a turn next. It's OK to be upset when you have to wait. Waiting is hard!"

Go to our Youtube video, [TIKES Tips- Difficulty Sharing](#), to learn more!



Consultant Spotlight

Our next consultant in the spotlight is Tami Morlock from the Lake Charles region! Tami is a licensed master social worker who joined TIKES in the summer of 2020, which was one of the most challenging times in TIKES' history. She not only faced a pandemic, but also stepped in when Hurricanes Laura and Delta shook the area and left many centers closed. Despite the uncertainty, Tami took on the challenge of continuing to provide support and compassion to caregivers in times of great struggle.

Tami has contributed to TIKES in many positive ways. She is a data assistant, where she supports the collection and imputation of program evaluation data. Tami is a team player and has served not only centers in the Lake Charles region, but also centers in Central and Northwest Louisiana. One of Tami's strengths is her ability to work collaboratively with her TIKES colleagues, CCR&R coaches, and other early childhood professionals to support centers. Tami also enjoys bridging her experience in mental health with her experiences working in child care prior to entering into mental health. The TIKES team is so grateful to have a consultant like Tami who is so passionate about her work!



"Everyone has a unique story to be told and I love, possibly, being the only one that hears it. I take that serious to stand with them, hold that safe space with them, and offer encouragement and hope. How blessed am I that I am able to take my passion for childcare, child development, mental health, and social work and put those into one job?"

More to Explore

A child's capacity for self-control is important to consider as caregivers think about "school readiness". Self-control relates to one's ability to cope with strong feelings and stop/start behavior to follow rules. So, why do young children have so little self-control? Well, research shows that the part of the brain responsible for controlling impulses is not well-developed in children under 4.

Even after age 4, children still need a lot of help managing their behavior! This may come as a surprise to many caregivers, as a recent survey found that the majority of parents believe that these skills come much earlier.

How do young children learn self-control? Well, it begins at birth and happens through interactions with loving adults. Click [here](#) to learn how to teach self-control to toddlers.

The Cozy Corner

As the temperatures warm and the flowers bloom, consider taking mindful moments outdoors! Mindfulness is about being aware of your thoughts, senses, and emotions. Taking the time to practice mindfulness in nature is important for our mental, physical, and emotional health. We become more self-aware and experience less stress and anxiety.



Go on a walk out in nature with the children in your care. Look around for wildlife and be mindful of the scenery around. Think about how the wind feels against your skin or how the sun feels on your face. Listen to the birds sing. Stop and smell the flowers,

Blow bubbles, taking purposeful, deep breaths and teaching children to do the same. Tell them why it's important to be able to control their breathing and that it will help them be able to calm down.

Create art. Use sidewalk chalk to draw pictures or write positive messages. Take some paper outside and paint the things you see around you.

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