

THE VILLAGE

TIKES Infant and Early Childhood Mental Health Consultation

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



T-MHCS News

The T-MHCS City Seats team is growing! Stay tuned for exciting news about our newest mental health consultants and behavior support specialist!

Catch TIKES at the Early Childhood Conference! Join us in Baton Rouge on October 5th to explore key topics like understanding child behavior and mastering effective communication.

TIKES Tips

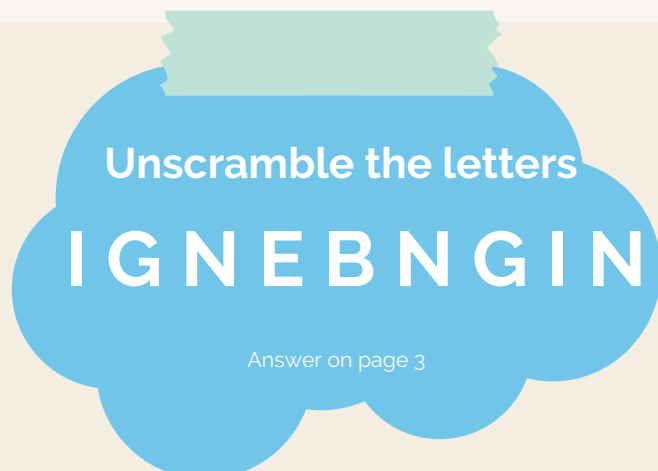
Goodbye summer, hello new school year! Hello to new children, parents, and teachers... and hello to new behaviors, challenges, and obstacles. A new school year brings excitement, nerves, and stress. Here are some tips for the school year transition.

Don't forget about routines! While, it may seem simple, they are so important to the foundation for successful classrooms. Routines create a sense of safety and security. Children and adults feel better when they know what to expect.

Keep developmental expectations appropriate. Classrooms may have just shifted and your teachers have a whole new class. They might have said goodbye to four-year olds, but now have three-year olds. There is big difference. So remember to reset your expectations to the appropriate age level.



We are thrilled to welcome Myiesha Gilyard, RSW, to our TIKES team in Shreveport!



Unscramble the letters

IGNEBNGIN

Answer on page 3



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

Stories from the Village

When we're managing our own stress and feeling challenged by child behaviors, it may feel like the natural response is to react! So, when MHC Marion Borerros noticed that teachers at a center were responding quickly to children's behavior, she considered whether the teachers might be feeling stressed—and if the children were picking up on that. Marion began by offering support and understanding, acknowledging how challenging children's behaviors can be. She created a space for teachers to find balance and reminded them that their well-being is just as important as the children's—they also deserve care and support.

Next, Marion introduced the Brain State Model from Conscious Discipline during her training with the center's staff. This model explains the brain's executive, emotional, and survival states. The executive state is where we want to be, as it allows us to problem-solve and think critically. In the emotional and survival states, we tend to be reactive. We can only help children regulate if we're in our executive state. By sharing evidence-based knowledge and modeling co-regulation, Marion helped the staff shift their perspective to prioritize co-regulation in the classroom.



Marion Borerros, LCSW, PMHC
T-MHCS Consultant - New Orleans

Additionally, the director recognized how to support teachers' well-being by making programmatic changes. Now, the center has implemented 15-minute breaks, allowing teachers to take a moment for self-regulation with no questions asked. The director has also increased her time in the classroom and is assisting teachers in returning to their executive brain state when needed.



IGNEBNGIN Beginning

The word “beginning” is like a magical key that unlocks a world of growth and discovery for little ones! As we kick off the school year, it’s a perfect time to embrace new starts and watch young minds bloom from their very first steps into a year full of learning and fun!



More to Explore

As the new school year kicks off, it's the perfect opportunity for the little ones in your class to begin making new friends and developing crucial social skills! Contrary to popular belief, socialization doesn't just happen on its own—children need guidance to learn how to interact, share, and build meaningful relationships. Studies show that early social experiences significantly impact a child's emotional and cognitive development. By actively supporting their social growth, you can help children navigate these early interactions with confidence and ease. Ready to give your students a head start in thriving socially? Check out these practical tips and resources from [Zero to Three!](#)

The Cozy Corner

The first days of school can be overwhelming, but helping kids develop coping skills can make a big difference! Here are some strategies:

-  **Deep breathing practice:** Model slow, deep breaths—inhale for four counts, exhale for four. Toddlers can learn this with practice.
-  **Simple sensory tools:** A favorite blanket or toy can provide comfort and help them self-soothe.
-  **Label their emotions:** Gently explain their feelings, like, “You’re sad because Mom is leaving, but you’re safe here.”
-  **Visual comfort:** Provide a family picture for them to look at, reinforcing connection and calm.

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