



# The Early Years Project

supporting caregivers of young children

Dear Cambridge Directors:

The Early Years Project has been working to provide supports to families, early childhood educators, directors and administrators throughout the Covid-19 state of emergency. Below we will tell you what we have been doing, and how to access the range of supports we are ready to provide. If there is anything that you would find helpful that we have not listed, please let us know.

## Continued with our Usual Services

### Resources and Referrals

- For directors, staff and their families
- Including articles, websites and referrals to specialists
- Directors and teachers please email requests to Aren at [astone@riversidecc.org](mailto:astone@riversidecc.org)

## For Centers and Families We Have Served this School Year

### Check In with Families

- Each EYP consultant is reaching out to the parents of the children they've worked with to check in, provide resources, and let them know that we're available for continued one-on-one support.

### Check In with Teachers

- For every classroom we have been in this year, each EYP consultant is reaching out to the teachers and directors they worked with.

## In Response to Social Distancing We Are Offering

### Weekly EYP email

- Highlights understanding and managing stress and self-regulation. Currently, they are going to directors and teachers for whom we have emails. If you'd like to add anyone to the list, please send their email to Aren at [astone@riversidecc.org](mailto:astone@riversidecc.org).

### Simple Tip Sheets for Families

- In response to the overwhelming amount of detailed information on what families should do we are creating easy to read, understand and implement one pagers on:
  - Supporting independent play at home.
  - Working from home when children are present
  - Anxiety in children and adults.

- Routines that support Self-regulation
- These will be sent to you from Birth to 3rd.

### Individual one-on-one support via email, telephone or videoconferencing

#### *For staff and administrators*

- Targeted support about issues that you are currently facing including:
  - Managing your own stress levels while serving others.
  - Working remotely.
  - Best ways to support parents and children in your program at this time:
    - Specific issues or in general
- Please email requests to Aren at [astone@riversidecc.org](mailto:astone@riversidecc.org)

#### *For parents*

- Who have concerns, questions or are struggling with:
  - Their child's development or behavior
  - Managing stress reactions in themselves and their children
  - How to navigate living and working at home while attending to the needs of your young children
- While EYP consultants are experienced Child Development Specialists we do not provide therapy.
- Directors and teachers please email requests to Aren at [astone@riversidecc.org](mailto:astone@riversidecc.org) OR give parents our information and they may contact us directly.

## **Professional Development and Group Support Via Teleconferencing**

#### *For parents*

- Facilitated question-and-answer group discussions can be either:
  - Open forum
  - Tailored to meet specific questions of parents

#### *For teachers, directors and administrators*

- Facilitated group discussions can be either:  
(This format is in between a workshop and a conversation).
  - Open forum.
  - Specific topics such as
    - Stress and self-regulation
    - Preparing for children's return to school
    - Creating safety in a seemingly unsafe world
    - Whatever topic you would like
- Workshops on Stress & Self-Regulation
  - Single workshop or series of varying sessions available
  - We do not recommend any one individual session exceed an hour and a half.

Directors and teachers please email requests to Aren at [astone@riversidecc.org](mailto:astone@riversidecc.org).