



# Caring Through Crisis



**SOCIAL EMOTIONAL  
SAFETY DISASTER TOOLKIT  
FOR SCHOOL-AGERS**

# Caring Through Crisis

## TABLE OF CONTENT

<b>INTRODUCTION .....</b>	<b>PAGE 3</b>
<b>TBE BENEFITS OF THE NAFCC'S SEL SAFETY DISASTER TOOLKIT.....</b>	<b>PAGE 4</b>
<b>RESOURCES: SOCIAL EMOTIONAL LEARNING.....</b>	<b>PAGE 8</b>
<b>ACTIVITIES FOR SONGS FOR SCHOOL-AGERS.....</b>	<b>PAGE 12</b>
<b>SONGS FOR SCHOOL-AGERS.....</b>	<b>PAGE 24</b>
<b>MINDFUL SNACKS.....</b>	<b>PAGE 27</b>
<b>CARING THROUGH CRISIS RESOURCES.....</b>	<b>PAGE 31</b>

# Caring Through Crisis

## INTRODUCTION

Creating a safe social-emotional learning (SEL) environment is foundational for fostering resilience, emotional intelligence, and effective learning in young children, especially within family childcare settings. In moments of stress, such as natural disasters or other emergencies, a safe SEL environment becomes even more critical. The National Association for Family Child Care (NAFCC) has developed a toolkit aimed at equipping family childcare providers with the tools and resources needed to support SEL development and emergency preparedness. This toolkit empowers providers to establish a safe, nurturing environment where children and families feel protected and emotionally supported.



# The Benefits of the NAFCC's SEL Safety Disaster Toolkit

## Benefits of the NAFCC's SEL Safety Disaster Toolkit

NAFCC's toolkit is designed to support providers in embedding SEL practices into their daily routines, equipping them with strategies to foster both a sense of safety and emotional well-being. The toolkit offers guidance on implementing SEL frameworks, tools to enhance emergency preparedness, and resources to help children and families feel secure in the face of adversity. Here's how the toolkit benefits children and families:

- *Strengthened Resilience: By learning SEL strategies, providers can teach children how to manage stress and adapt to challenges, building resilience and emotional stability.*
- *Enhanced Communication: The toolkit encourages open communication between providers, children, and families, helping everyone to navigate stressful situations together.*
- *Support for Diverse Needs: The toolkit is designed with flexibility in mind, enabling providers to tailor SEL practices to meet the unique needs of each child, including those with diverse backgrounds or special needs.*



# Why SEL is Essential in Family Childcare Settings?

Social-emotional learning forms the basis of all interactions, relationships, and learning experiences. SEL helps children develop the skills they need to understand and manage their emotions, establish positive relationships, and make responsible decisions. In family childcare, where environments are more intimate and personalized, providers are uniquely positioned to model and support SEL practices. Creating a safe SEL environment allows children to feel valued, helping them to build resilience and cope with challenging circumstances.

## Implementing SEL Frameworks in Family Childcare Classrooms

To create a safe SEL environment, family childcare providers can incorporate elements of these frameworks into their daily routines and classroom interactions. Here are some practical strategies:

- **Establish Consistent Routines:** Children feel secure when they know what to expect. Consistent routines not only build trust but also give children opportunities to practice SEL skills, like turn-taking and cooperation.
- **Teach and Model Emotion Regulation:** Incorporate activities that help children identify and express their feelings, such as “feeling check-ins” where children share how they’re feeling using visuals or words. This helps children build self-awareness and recognize emotions in others.

# Why SEL is Essential in Family Childcare Settings?

- **Create a Safe, Calming Space:** Designate a small area in the classroom as a “calm corner” where children can go to self-regulate. Stock it with sensory tools, books about emotions, and comfort items. This space can serve as a retreat during stressful moments.
- **Practice Mindfulness Daily:** Engage children in short, daily mindfulness activities. Breathing exercises, guided imagery, or “mindful listening” sessions can help children build focus and reduce anxiety.
- **Encourage Family Engagement:** Involve families in SEL practices by sharing simple activities and language they can use at home. Hosting family workshops on SEL topics can reinforce a sense of community and continuity between home and childcare.

## **Key SEL Frameworks for Early Education**

- Several established SEL frameworks can guide family childcare providers in creating a supportive environment. These frameworks offer structured approaches for fostering emotional and social skills in young children:
- **The CASEL Framework:** The Collaborative for Academic, Social, and Emotional Learning (CASEL) framework is widely recognized in early childhood education for its five core competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Family providers can implement these competencies by creating routines that encourage children to identify their emotions, practice self-regulation, and collaborate with peers.

# Why SEL is Essential in Family Childcare Settings?

- **Responsive Classroom:** This approach focuses on integrating SEL into everyday learning through routines, language, and interactions. Family childcare providers can use strategies from Responsive Classroom, such as morning meetings, positive reinforcement, and interactive modeling, to help children feel respected and connected.
- **Mindfulness-Based Approaches:** Mindfulness practices encourage children to focus on the present moment, which can help them manage stress and build emotional awareness. Simple mindfulness exercises like breathing activities, sensory explorations, and grounding techniques can be easily integrated into family childcare settings to create a calming atmosphere.

## *Conclusion*

Creating a safe SEL environment within family childcare settings can profoundly impact children's emotional and social well-being. The NAFCC's SEL Safety Toolkit provides family childcare providers with the resources they need to support these critical skills, even in challenging circumstances. By using SEL frameworks like CASEL, the Pyramid Model, and Responsive Classroom, providers can implement strategies that help children feel safe, supported, and ready to learn. This approach doesn't only benefit the children; it strengthens the entire family community, fostering a resilient, connected, and prepared environment for everyone involved.

# Resources:

## Social Emotional Learning

Check out these Social Emotional Frameworks you can easily apply in your family childcare learning space. Provided is a short description of each framework, websites, and YouTube link.

### **The CASEL Framework**

The Collaborative for Academic, Social, and Emotional Learning (CASEL) framework outlines five core competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. These competencies can be integrated into daily routines to help children identify their emotions, practice self-regulation, and collaborate with peers.

- Website: [What Is the CASEL Framework?](#)
- YouTube Video: [CASEL's SEL Framework](#)

### **The Pyramid Model**

The Pyramid Model offers a tiered approach to support social-emotional development and address challenging behavior. It emphasizes nurturing relationships, supportive environments, targeted instruction, and individualized interventions. Implementing this model can help create calm, structured environments that promote emotional safety.

- Website: [Basics - National Center for Pyramid Model Innovations](#)
- YouTube Video: [Pyramid Model Overview](#)



# Resources:

## Social Emotional Learning

### **Responsive Classroom**

Responsive Classroom is an approach that integrates SEL into everyday learning through routines, language, and interactions. Strategies such as morning meetings, positive reinforcement, and interactive modeling can help children feel respected and connected.

- Website: [Responsive Classroom](#)
- YouTube Video: [Responsive Classroom Overview](#)

### **Mindfulness-Based Approaches**

Mindfulness practices encourage children to focus on the present moment, helping them manage stress and build emotional awareness. Simple exercises like breathing activities, sensory explorations, and grounding techniques can be easily integrated into family childcare settings to create a calming atmosphere.

- Website: [Mindfulness in Early Childhood Education](#)
- YouTube Video: [Mindfulness for Kids](#)



# Resources:

# Social Emotional Learning

## **Responsive Classroom**

Responsive Classroom is an approach that integrates SEL into everyday learning through routines, language, and interactions. Strategies such as morning meetings, positive reinforcement, and interactive modeling can help children feel respected and connected.

- Website: [Responsive Classroom](#)
- YouTube Video: [Responsive Classroom Overview](#)

## **Mindfulness-Based Approaches**

Mindfulness practices encourage children to focus on the present moment, helping them manage stress and build emotional awareness. Simple exercises like breathing activities, sensory explorations, and grounding techniques can be easily integrated into family childcare settings to create a calming atmosphere.

- Website: [Mindfulness in Early Childhood Education](#)
- YouTube Video: [Mindfulness for Kids](#)



# Reference

## **CASEL Framework**

Collaborative for Academic, Social, and Emotional Learning (CASEL). (n.d.). What is the CASEL framework? Retrieved from <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/>

CASEL. (2018, October 23). CASEL's SEL framework [Video]. YouTube.

<https://www.youtube.com/watch?v=ikehX9o1Jbl>

## **Pyramid Model**

National Center for Pyramid Model Innovations. (n.d.). Pyramid model overview: Basics.

Retrieved from <https://challengingbehavior.org/pyramid-model/overview/basics/>

National Center for Pyramid Model Innovations. (2017, October 20). Pyramid model overview

[Video]. YouTube. [https://www.youtube.com/watch?v=7Qb3DXY\\_7fU](https://www.youtube.com/watch?v=7Qb3DXY_7fU)

## **Responsive Classroom**

Responsive Classroom. (n.d.). Responsive classroom approach overview. Retrieved from

<https://www.responsiveclassroom.org/>

Responsive Classroom. (2016, March 8). Responsive classroom overview [Video]. YouTube.

<https://www.youtube.com/watch?v=8iXTtR7IfWU>

## **Mindfulness-Based Approaches**

National Association for the Education of Young Children (NAEYC). (2017, March). Mindfulness in early childhood education. Retrieved from

<https://www.naeyc.org/resources/pubs/yc/mar2017/mindfulness>

Mindful Kids. (2016, June 23). Mindfulness for kids [Video]. YouTube.

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

# Caring Through Crisis



## ACTIVITIES FOR SCHOOL-AGERS

# Caring Through Crisis

## THE IMPORTANCE OF FOSTERING SOCIAL-EMOTIONAL LEARNING (SEL) FOR SCHOOL-AGE CHILDREN

School-age children are at a crucial stage of social-emotional development, as they navigate increasingly complex relationships, academic challenges, and a growing sense of independence. Social-emotional learning (SEL) equips them with essential skills to manage their emotions, interact positively with peers, and make responsible decisions. By fostering SEL, caregivers and educators can help school-agers build a strong foundation for personal and academic success.

One of the key focuses of SEL for school-agers is emotional regulation. At this age, children experience a wide range of emotions and begin to encounter more situations where self-control is necessary. Teaching strategies such as deep breathing, journaling, or talking through emotions helps children learn to manage their feelings in a healthy and constructive way.

# Caring Through Crisis

## THE IMPORTANCE OF FOSTERING SOCIAL-EMOTIONAL LEARNING (SEL) FOR SCHOOL-AGE CHILDREN

Caregivers and educators can integrate SEL into everyday routines through engaging activities. Group projects, problem-solving games, and reflective conversations are excellent ways to reinforce SEL concepts. Providing consistent positive reinforcement and creating a safe space for open dialogue further supports children's social-emotional growth.

Fostering SEL in school-age children is a powerful way to prepare them for the challenges of adolescence and beyond. By teaching emotional regulation, empathy, and decision-making skills, caregivers and educators empower children to succeed socially and academically while developing a strong sense of self and community. SEL is not only an educational tool but a lifelong gift that supports children's overall well-being.

Peer relationships become increasingly significant for school-age children. SEL helps them navigate friendships, teamwork, and conflict resolution by teaching empathy, active listening, and effective communication. Role-playing scenarios, group activities, and open discussions about social interactions provide opportunities for children to practice these vital skills.

Responsibility and decision-making are other critical components of SEL for this age group. School-agers are ready to take on more responsibilities, from managing homework to contributing to household tasks. Encouraging them to make thoughtful decisions and understand the consequences of their actions fosters independence and accountability.

# Caring Through Crisis

## THE IMPORTANCE OF FOSTERING SOCIAL-EMOTIONAL LEARNING (SEL) FOR SCHOOL-AGERS CHILDREN

*Caregivers and educators can integrate SEL into everyday routines through engaging activities. Group projects, problem-solving games, and reflective conversations are excellent ways to reinforce SEL concepts. Providing consistent positive reinforcement and creating a safe space for open dialogue further supports children's social-emotional growth.*

*Fostering SEL in school-age children is a powerful way to prepare them for the challenges of adolescence and beyond. By teaching emotional regulation, empathy, and decision-making skills, caregivers and educators empower children to succeed socially and academically while developing a strong sense of self and community. SEL is not only an educational tool but a lifelong gift that supports children's overall well-being.*

# Caring Through Crisis

## ACTIVITIES FOR SCHOOL-AGERS





# Caring Through Crisis

FOR SCHOOL-AGERS

## STEM Building Challenge (Engineering and Problem-Solving)



**Materials:** Building blocks, plastic cups, or recycled materials (cardboard, paper towel rolls) Optional: Timer

**Instructions:**

- Challenge students to build the tallest tower they can using the materials provided within a time limit.
- For an added twist, ask them to create specific structures (e.g., a bridge, house, or castle).

**Benefits:** Encourages problem-solving, teamwork, and spatial awareness.

**NAFCC Standards**

- Developmental Learning Activities: Developmental Learning Activities: Enhances sorting, color recognition, and fine motor skills.
- Developmentally Appropriate Practice: Encourages hands-on exploration and fine motor skill development.

# Caring Through Crisis

## FOR SCHOOL-AGERS

### Mandala Coloring (Art Therapy and Focus)



#### **Materials:**

Mandala coloring pages or blank paper (for creating mandalas)  
Colored pencils, markers, or crayons

#### **Instructions:**

- Provide mandala coloring sheets or guide students to draw their own simple mandalas, focusing on repetitive shapes and patterns.
- Encourage them to choose colors mindfully and notice how they feel as they fill in each section.
- This activity can be done in silence or with calming background music.
- Benefits: Encourages focus, provides a calming effect, and promotes self-expression through art.

#### **NAFCC Standards**

- Developmental Learning Activities: Fosters creativity and focus.
- The Environment: Provides a quiet space for mindful activities.

# Caring Through Crisis

FOR SCHOOL-AGERS

## Body Scan and Movement (Somatic Awareness)



**Materials:** None

**Instructions:**

- Guide students in a body scan by asking them to close their eyes (if comfortable) and focus on each part of their body, from head to toe.
- Ask them to notice any areas of tension and release it with a gentle stretch or wiggle.
- After the scan, lead a series of gentle movements, like shoulder rolls, gentle twists, or stretching their arms overhead.

Benefits: Builds body awareness, reduces physical tension, and encourages mindfulness in movement.

**NAFCC Standards**

- Developmental Learning Activities: Enhances body awareness and flexibility.
- Relationships: Promotes positive interactions.

# Caring Through Crisis

FOR SCHOOL-AGERS

## Storytime with Puppets



### **Materials:**

Activity: Read a simple story and use hand or finger puppets to bring the story to life. Let children interact with the puppets

### **Instructions:**

- Place materials in a pile.
- Show children how to sort by color, size, or shape.
- Let them practice sorting with gentle guidance.

Benefits: Provides language development, creativity, act of storytelling and memorization

### **NAFCC Standards**

- Curriculum: Enhances language development and listening skills.
- Interactions: Encourages communication and social interaction.

# Caring Through Crisis

FOR SCHOOL-AGERS

## Friendship Necklace (Fine Motor Skills and Creativity)



### **Materials:**

Plastic or wooden beads with holes  
Yarn or shoelace,

### **Instructions:**

- Place beads in a container for easy access for children
- Show the child how to string the beads onto the yarn to make a necklace.
- Discuss the importance of friendships and how to maintain healthy friendships.

Benefits: Strengthens fine motor skills, introduces pattern-making, and allows creative expression..

### **NAFCC Standards**

- Developmental Learning Activities: Develops fine motor skills and creativity.
- Learning Environment: Provides age-appropriate materials to encourage active learning.

# Caring Through Crisis

FOR SCHOOL-AGERS

## Nature Art Therapy (Mindful Creation and Sensory Engagement)



**Materials:** Natural items collected from outdoors (leaves, small rocks, twigs, flowers) Paper and glue (optional)

- Take students outside to gather natural items, focusing on shapes, textures, and colors.
- Guide them to create a piece of art using these materials, arranging the items on paper or gluing them to form patterns or shapes.
- Encourage them to reflect on how nature makes them feel and discuss their creations if they wish.
- Benefits: Connects students with nature, enhances creativity, and encourages mindfulness through observation.

### NAFCC Standards

- Developmental Learning Activities: Encourages sensory exploration.
- The Environment: Promotes connection to nature.

# Caring Through Crisis

FOR SCHOOL-AGERS

## Gratitude Journaling and Sharing (Mindfulness and Reflection)



**Materials:** Small notebooks or sheets of paper, Pens or pencils

**Instructions:**

- Ask students to write or draw three things they're grateful for. Encourage them to be specific, like "the warm sunshine" or "playing with my friends."
- After a few minutes, invite those who want to share to talk about one thing from their list.
- Optionally, keep a group "gratitude board" where students can add their thoughts each week.
- Benefits: Cultivates a positive mindset, encourages reflection, and builds community through sharing.

**NAFCC Standards**

- Developmental Learning Activities: Supports literacy and writing.
- Interactions: Supports positive communication and social interaction.



# Caring Through Crisis

## SONGS FOR SCHOOL-AGERS





# Caring Through Crisis

## SONGS FOR SCHOOL-AGERS

### "Don't Laugh at Me" by Mark Wills

**Focus:** Promotes empathy and anti-bullying messages, encouraging children to be kind and understanding towards others.

**Link:** <https://www.youtube.com/watch?v=FVjbo8dW9c8>

### "Count on Me" by Bruno Mars

**Focus:** Highlights the importance of friendship and being there for one another, fostering a sense of community and support.

**Link:** <https://www.youtube.com/watch?v=Yc6T9iY9SOU>



# Caring Through Crisis

## SONGS FOR SCHOOL-AGERS

### "The Social & Emotional Learning Song" by Scratch Garden"

**Focus:** This educational song introduces key SEL concepts such as identifying and managing emotions, showing empathy, and making responsible decisions, all presented in a fun and engaging manner.

**Link:** <https://youtu.be/r6J1QW2Xc-c>

### Pharrell Williams song "Happy"

**Focus:** Encourages joy, emotional awareness, and positive vibes. Perfect for fostering happiness and optimism in school-age children.

**Link:** [https://www.youtube.com/watch?v=ZbZSe6N\\_BXs](https://www.youtube.com/watch?v=ZbZSe6N_BXs)



# Caring Through Crisis

## MINDFULNESS SNACKS FOR SCHOOL-AGERS



# Caring Through Crisis

## SNACKS FOR SCHOOL-AGERS

### RAINBOW FRUIT KABOBS



**INGREDIENTS:** ED GRAPES (HALVED FOR SAFETY)

BLUEBERRIES

STRAWBERRIES (CUT INTO SMALL CHUNKS)

PINEAPPLE CHUNKS

CANTALOUPE OR HONEYDEW CHUNKS

PLASTIC OR WOODEN TOOTHPICKS/SKEWERS WITH BLUNT ENDS (OR USE PRETZEL STICKS FOR AN EDIBLE OPTION)

GREEK YOGURT AND HONEY

**HOW TO SERVE: PREPARE THE FRUIT:** WASH ALL FRUIT THOROUGHLY. CUT GRAPES IN HALF AND SLICE STRAWBERRIES AND OTHER FRUITS INTO TODDLER-FRIENDLY PIECES. **ASSEMBLE KABOBS:** ALLOW CHILDREN TO CREATE THEIR OWN KABOBS BY THREADING THE FRUIT ONTO THE SKEWERS (OR PRETZEL STICKS) IN ANY ORDER THEY LIKE.

**ENCOURAGE MINDFULNESS:** TALK ABOUT THE COLORS, TEXTURES, AND SHAPES OF THE FRUIT AS THEY ASSEMBLE AND EAT THEIR KABOBS. ENCOURAGE THEM TO TAKE SLOW BITES AND DESCRIBE THE FLAVORS THEY TASTE.

# Caring Through Crisis

## SNACKS FOR SCHOOL-AGERS

### BUILD-YOUR-OWN MINI SANDWICH



**INGREDIENTS:** MINI SLIDERS, TURKEY SLICES, CHEESE SLICES, AND SPINACH LEAVES, MAYO/CREAM CHEESE (OPTIONAL)

**HOW TO SERVE:** MAYO OR CREAM CHEESE ON THE TOP BUN ADD TURKEY SLICES, CHEESE SLICES, AND SPANICH,

**MINDFULNESS TIP:** ENCOURAGE THEM TO NOTICE THE TEXTURES AS THEY STACK AND THE FLAVORS AS THEY EAT.

# Caring Through Crisis

## SNACKS FOR SCHOOL-AGERS

### FROZEN YOGURT FRUITY BARK



**INGREDIENTS:** PLAIN OR VANILLA YOGURT, DICED STRAWBERRIES, AND UNSWEETENED WHOLE-GRAIN CEREAL.

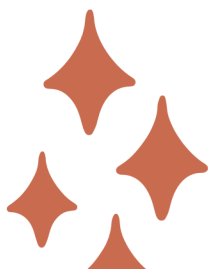
**HOW TO SERVE:** SPREAD YOGURT ON A BAKING SHEET, SPRINKLE STRAWBERRIES AND CEREAL, FREEZE, AND BREAK INTO PIECES. PLACE IN THE FREEZER FOR 3 TO 5 HOURS OR OVERNIGHT.

**MINDFULNESS TIP:** ENCOURAGE THEM TO NOTICE THE TEXTURES. ASK CHILDREN TO FOCUS ON THE COLD TEXTURE AND HOW THE BARK MELTS IN THEIR MOUTHS.



# Caring Through Crisis

## RESOURCES



# Caring Through Crisis

## THE IMPORTANCE OF SOCIAL-EMOTIONAL LEARNING IN EARLY LEARNING FAMILY CHILDCARE SPACES



Creating a safe social-emotional learning (SEL) environment is foundational for fostering resilience, emotional intelligence, and effective learning in young children, especially within family childcare settings. In moments of stress, such as natural disasters or other emergencies, a safe SEL environment becomes even more critical.

The National Association for Family Child Care (NAFCC) has developed a toolkit aimed at equipping family childcare providers with the tools and resources needed to support SEL development and emergency preparedness. This toolkit empowers providers to establish a safe, nurturing environment where children and families feel protected and emotionally supported.



# Caring Through Crisis

## THE IMPORTANCE OF SOCIAL-EMOTIONAL LEARNING IN EARLY LEARNING FAMILY CHILDCARE SPACES

### The Role of Educators in Supporting SEL Frameworks

Family childcare providers play a pivotal role in implementing SEL frameworks, such as those developed by CASEL, the Pyramid Model, and other evidence-based approaches.

These frameworks provide practical strategies for teaching self-awareness, emotional regulation, empathy, and social skills. Educators are not just facilitators of learning; they are role models, guiding children to understand and express their emotions constructively.

By integrating SEL into daily routines, activities, and interactions, educators help children build a foundation of emotional intelligence that will serve them throughout their lives.

### Benefits of Prioritizing SEL in Family Childcare

The benefits of prioritizing SEL in family childcare settings are profound and far-reaching:

1. **For Children:** SEL supports emotional regulation, boosts confidence, and enhances social skills. Children learn to manage stress, build relationships, and make thoughtful decisions—all of which are crucial for their academic and personal success.
2. **For Families:** Family childcare providers who emphasize SEL foster stronger partnerships with parents and caregivers. Families benefit from a supportive environment that values their involvement and equips them with tools to reinforce SEL at home.
3. **For Educators:** SEL frameworks create a positive and structured environment that helps educators manage challenges, build meaningful relationships, and feel a greater sense of fulfillment in their roles.
4. **For Communities:** SEL nurtures empathetic, socially responsible individuals who contribute positively to their communities, fostering a culture of kindness and inclusion.

# Caring Through Crisis

## THE IMPORTANCE OF SOCIAL-EMOTIONAL LEARNING IN EARLY LEARNING FAMILY CHILDCARE SPACES

### Creating and Sustaining Safe Spaces

To continue fostering SEL in family childcare spaces, educators must remain intentional and proactive in creating environments where children and families feel safe, respected, and valued.

*Here are some strategies to sustain and strengthen SEL practices:*

- **Model Emotional Awareness:** Children learn by observing the adults around them. Educators who demonstrate emotional regulation, empathy, and positive social interactions provide powerful examples for children to follow.
- **Embed SEL in Everyday Activities:** Incorporate SEL into daily routines, such as morning check-ins, storytime discussions about emotions, and cooperative play that teaches turn-taking and problem-solving.
- **Cultivate Inclusive Practices:** Celebrate diversity and create an environment where all children and families feel represented and respected. Use books, activities, and materials that reflect the varied cultures and experiences of the families in your care.
- **Engage Families in SEL:** Collaborate with families by sharing resources, hosting workshops, and providing updates on their child's social-emotional development. Strong family partnerships reinforce the SEL foundation built in the childcare space.
- **Prioritize Professional Development:** Continuous learning is essential for educators to stay updated on best practices in SEL. Attend workshops, join professional networks, and explore the latest research to deepen your understanding and effectiveness.

# Caring Through Crisis

## Creating and Sustaining Safe Spaces

To continue fostering SEL in family childcare spaces, educators must remain intentional and proactive in creating environments where children and families feel safe, respected, and valued.

*Here are some strategies to sustain and strengthen SEL practices:*

- **Model Emotional Awareness:** Children learn by observing the adults around them. Educators who demonstrate emotional regulation, empathy, and positive social interactions provide powerful examples for children to follow.
- **Embed SEL in Everyday Activities:** Incorporate SEL into daily routines, such as morning check-ins, storytime discussions about emotions, and cooperative play that teaches turn-taking and problem-solving.
- **Cultivate Inclusive Practices:** Celebrate diversity and create an environment where all children and families feel represented and respected. Use books, activities, and materials that reflect the varied cultures and experiences of the families in your care.
- **Engage Families in SEL:** Collaborate with families by sharing resources, hosting workshops, and providing updates on their child's social-emotional development. Strong family partnerships reinforce the SEL foundation built in the childcare space.
- **Prioritize Professional Development:** Continuous learning is essential for educators to stay updated on best practices in SEL. Attend workshops, join professional networks, and explore the latest research to deepen your understanding and effectiveness.

## Conclusion

Social-emotional learning is a cornerstone of high-quality family childcare, laying the foundation for healthy development, strong relationships, and lifelong success. By embracing SEL frameworks, family childcare providers create environment is where children and families feel empowered, supported, and connected.

The intentional integration of SEL practices ensures that family childcare spaces remain places of safety, growth, and joy. Together, we can cultivate the emotional well-being of children and families, shaping a brighter and more compassionate future for our communities.

# Caring Through Crisis

*In times of disaster, accessing reliable support is crucial for family childcare providers and the families they serve. Below is a list of seven organizations offering disaster relief resources, including the*

## **National Association for Family Child Care (NAFCC)**

*NAFCC provides resources and support to family childcare providers, including guidance on disaster preparedness and recovery.*

**Website:** <https://www.nafcc.org/>

**Email:** [info@nafcc.org](mailto:info@nafcc.org)

**Phone:** (202) 796-5700

## **Federal Emergency Management Agency (FEMA)**

FEMA offers assistance programs and resources for disaster preparedness, response, and recovery.

**Website:** <https://www.fema.gov/>

**Disaster Assistance:** <https://www.disasterassistance.gov/>

**Phone:** 1-800-621-3362

**Email:** Use the contact form on their website.

## **American Red Cross**

Provides emergency assistance, disaster relief, and education within the United States.

**Website:** <https://www.redcross.org/>

**Find Local Chapter:** <https://www.redcross.org/find-your-local-chapter.html>

**Phone:** 1-800-733-2767

**Email:** Use the contact form on their website.



# Caring Through Crisis

## **Salvation Army USA**

Offers disaster relief services, including food, shelter, and emotional support.

**Website:** <https://www.salvationarmyusa.org/>

**Disaster Services:** <https://www.salvationarmyusa.org/usn/help-disaster-survivors/>

**Phone:** 1-800-725-2769

**Email:** *Use the contact form on their website.*

## **Save the Children**

Focuses on children's needs during emergencies, providing relief and support to children and families.

**Website:** <https://www.savethechildren.org/>

**Emergency Response:** <https://www.savethechildren.org/us/what-we-do/emergency-response>

**Phone:** 1-800-728-3843

**Email:** [supportercare@savechildren.org](mailto:supportercare@savechildren.org)

## **Child Care Aware® of America**

Provides resources and support for childcare providers, including disaster preparedness and recovery information.

**Website:** <https://www.childcareaware.org/>

**Emergency Preparedness:** <https://www.childcareaware.org/our-issues/crisis-and-disaster-resources/>

**Phone:** 1-800-424-2246

**Email:** [info@childcareaware.org](mailto:info@childcareaware.org)

## **National Voluntary Organizations Active in Disaster (NVOAD)**

A coalition of organizations that provide disaster-related services, including support for childcare providers.

**Website:** <https://www.nvoad.org/>

**Phone:** 1-703-778-5088