

## **How Can Child Care Programs Support Infants & Toddlers who are Experiencing *Positive, Tolerable, and/or Toxic* Stress?**

### **Supporting children experiencing Positive Stress**

1. Provide them with a substantial amount of developmentally appropriate materials that are easily accessible
2. Provide them with developmentally appropriate activities and expectations
3. Provide them with supportive and calm responses
4. Provide them with predictable routines and transitions
5. Play calm music (at specific times, not all the time)
6. Always use a gentle and calm voice
7. Always use a gentle touch
8. Tell children what you are going to do before you do it (diapering/toileting, transitions, feeding, etc.)
9. Connect to the child with warm and affectionate experiences: rocking them, holding them, patting or rubbing their backs gently, etc.
10. Using the child's name so that they know you value and regard them

### **Supporting children experiencing Tolerable Stress**

1. Connect to the child with warm and affectionate experiences: rocking them, holding them, patting or rubbing their backs gently, etc.
2. Allow the child to have their comfort items: pacifier, blanket, stuffed animal, etc.
3. Provide them with a predictable schedule
4. Provide them with a safe learning environment (clean, warm, inviting, organized, quiet)
5. Provide them with lots of positive verbal and non-verbal language

## **Supporting children experiencing Toxic Stress**

1. Manage our own stress so we don't transfer it to the classroom atmosphere
2. Connect to the child with warm and affectionate experiences
3. Allow the child to have their comfort items
4. Provide them with a predictable schedule
5. Provide them with a safe learning environment
6. Provide them with lots of positive verbal and non-verbal language
7. Play calm music (at specific times, not all the time)
8. Provide them with supportive calm responses
9. Tell children what you are going to do before you do it
10. Always use gentle and calm voice
11. Always use a gentle touch
12. Provide supports for parents (resources for food/housing assistance, domestic abuse counseling, child development, child abuse, food banks, etc.)
13. Provide parental education for parents on developmental milestones and stress
14. Be honest with parents by informing them of any behavioral, emotional, and/or physical changes you see in their child as soon as it happens.