

Holding Space: Let's Talk About Relationships

Relationships are the way in which two or more concepts, objects, or people are connected, or the state of being connected. They affect virtually all aspects of development – intellectual, social, emotional, physical, behavioral, and moral.

Definition from the National Scientific Counsel on the Developing Child

The COVID-19 crisis has given us months of stress, change, and uncertainty. During this time, early childhood education professionals and families have come to depend on each other in new ways and created new routines for daily life. Now, we anticipate yet another change: transitioning back to work, child care, and a familiar-yet-different way of life.

As we contemplate this new transition, we may find ourselves wondering about our children: How has this experience affected them? What emotions, behaviors, and reactions might we expect to see? How can we support children's social-emotional growth so that we can all become more resilient?

The Pennsylvania Key Infant-Early Childhood Mental Health Program offered *Holding Space: Let's talk about: Reassurance, Regulation, Relationships, Resilience*, a series of online discussion groups to allow early childhood education professionals and families to connect and gain new insights about how to support ourselves and our children during this transition.

Check out the resources below to support relationships.

Resources for Early Childhood Education Professionals

Circle of Security Animation. Video supporting secure, healthy relationships (4:23min)
vimeo.com/122770192

Tips on Helping Your Child Build Relationships. Through relationships, children discover who they are and learn to understand others
www.zerotothree.org/resources/227-tips-on-helping-your-child-build-relationships

Building Positive Teacher-Child Relationships. One-page handout on the importance of developing secure relationships
csefel.vanderbilt.edu/briefs/handout12.pdf

Every Kid Needs a Champion. Rita Pierson's video about believing in children and connection (7:36min)
www.ted.com/talks/rita_pierson_every_kid_needs_a_champion

Four Elements of Connections. Printable Tools and Activities to support connection, attunement, social play and more (1 pg. tip sheet)
consciousdiscipline.com/resources/four-elements-of-connection/

The Pennsylvania Infant Early Childhood Mental Health Consultation (IECMHC) Program is a child-specific consultative model which addresses the social-emotional development of young children within their early childhood education program. For more information, visit www.pakeys.org.



Reconnecting Through Conflict. Healthy Relationships start with a strong foundation of safety and connection; relationship-rupture-repair)
consciousdiscipline.com/reconnecting-through-conflict/

Greet Someone Without Touching/Greet From 6 Feet. Jack Hartmann's social distancing song video with fun ways to greet someone (2:20 min)
www.youtube.com/watch?v=OMg6t-z8KEI

Resources for Families

Activities to Promote Attachment/Relationships in Infants& Toddlers (1 pg. tip sheet)
centerforresilientchildren.org/wp-content/uploads/2012/08/Attachment-Relationships-IT.pdf

Activities to Promote Attachment/Relationships in Preschoolers (1 pg. tip sheet)
centerforresilientchildren.org/wp-content/uploads/2012/08/Attachment-Relationships-Preschoolers.pdf

Connection – Circle of Security International. A key to secure parenting in less than three minutes (2:42 min.)
vimeo.com/147759926

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