

Provider Newsletter

SOCIAL EMOTIONAL & WELL BEING

Social and emotional well being is essential for our overall health and being able to realize your abilities, and coping with the normal stresses of life. How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health.

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Social wellness is to be free from want of basic needs and to coexist peacefully. Positive social habits can help you build support systems and stay healthier mentally and physically during these unprecedented times.

At that same time, you can create periods with self care screen-free calm time, engaging in normal daily activities. Seize opportunities to share lightness and humor, laughter is a huge relief. Both families and child care providers share the desire to make sure children's health is taken care of through this time of transition, including their social emotional development. Remember the Whedco family is always here to assist in anyway. Please connect with our Outreach and Scheduling Coordinator Janira Soto at 718-839-110. Take care.

RESOURCES

- [NYCCD Mental Health](#)
- [COVID-19 Guidelines for Child Care Programs](#)
- [Emotional Wellness](#)
- [Disease Prevention](#)
- [Social Wellness](#)
- [Well Being in Early Childhood](#)

OCFS UPDATES

- [Dear Provider Letter](#)
- [Guidance for Child Care Programs](#)





To support children's social emotional development and wellbeing, and promote mental health:

- C** - Create safe and supportive environments for optimal wellbeing and development
- H** - Help children to learn social and emotional skills and manage their own behavior
- I** - Identify babies, children and families who may be in need of additional support
- L** - Link families with support and information services for mental health and wellbeing
- D** - Develop broader organizational and community strategies that support wellbeing.

CONTACT US:

50 East 168th Street,
Bronx, NY 10452
Tel: (718) 839-1100
Fax: (718) 839-1170
1309 Louis Nine Boulevard,
Bronx, NY 10459
Tel: (347) 708-7800
Fax: (718) 679-9634
www.whedco.org

**6 Strategies for Improving
your Emotional Health:**

- Brighten your outlook
- Reduce stress
- Get quality sleep
- Learn to discover new things
- Strengthen social connections
- Be mindful

**6 Strategies for Improving
your Social Health:**

- Make connections
- Take care of yourself while caring for others
- Get active together
- Bond with your kids
- Build healthy relationships
- Shape your family's health habits

**Fun Upcoming Events
to Share with Parents:**

[Lumino City Festival](#)



[Sloomoo Institute](#)

