

Resources available from the Center for Early Childhood Mental Health Consultation

The Center for Early Childhood Mental Health Consultation (CECMHC) was funded as an Innovation and Improvement Project by the Office of Head Start in 2008. Although the materials were developed for Head Start, they are relevant to a variety of audiences. Look over the materials offered on the Center's website and think about how they could be used in your work with centers and school-age programs.

You can find resources at <http://www.ecmhc.org/relaxation.html>

Here is a list of the materials available and a brief description of each item.

Taking Care of Ourselves Booklets: You can download these 7-page booklets to learn about how to identify your sources of stress and learn strategies to reduce stress. The booklets contain information and exercises for parents and providers. They are available in both English and Spanish for parents and providers. There are also notes available for mental health consultants.

Taking Care of Ourselves Stress Reduction Workshop: This PowerPoint presentation was designed for use with Head Start staff and/or families to teach techniques to reduce stress. Review it and think about how you could use it in your work.

Stress Log Template: This strategy is described in the Stress Reduction Workshop and helps you identify sources of stress.

"Talk Back to Your Unhelpful Thoughts" Tip Sheet: This is a 2-page handout (part of the Stress Reduction Workshop) that helps you challenge unhelpful patterns of thinking.

"Making a Praise Sandwich" Worksheet: This 1-page handout (part of the Stress Reduction Workshop) helps you prepare to give feedback to adults.

A Dozen Posters to Combat Stress: This is a series of 12 full-color posters. You can post them in break rooms or offer them to families. They can be downloaded and printed in color on 8 X 14 inch paper. They are available in English and Spanish.

Relaxation Bookmarks: You can print these out and give them to staff members or families.

Relaxation Exercises: The ECMHC team developed a series of Relaxation Exercises in English and Spanish. You can listen to them in English or Spanish online at