

# ENRICHING THE COMMUNITY

A monthly publication for friends of Family Enrichment Network

## Family Enrichment Network Distributes Calming Centers

Family Enrichment Network CCR&R was awarded a grant by the Broome County United Way through the *United We Stand Fund*, which was created to address the critical needs of those impacted by the COVID-19 pandemic.

This past year, family and group family child care providers in Broome County noticed the social-emotional impact of the pandemic on the children in their program. Caregivers recognized how these challenges affect the children's mental health. CCR&R designed Calming Centers to help caregivers support and protect children's emotional well-being. Calming centers will help the children express their difficult feelings, such as anger, sadness, and fear in appropriate ways.

The Calming Centers consist of resources on social-emotional development so caregivers can help the children recognize, label, and manage their emotions. Supplies include posters identifying feelings, a variety of children's books on different feelings and emotions, mirror to identify their own emotions, bubble timer, white noise machine, feeling dolls and balls, fidget toys, sensory cushion, and a cuddle ball. The Infant Toddler Mental Health Consultant and Early Childhood Mental Health Consultant services are available to assist programs with improving the social-emotional environment as well.



Children in a family child care program read books, while the one child is also sitting on the sensory cushion.



A child in a family child care program plays with the cuddle ball.

To learn more about any of the Family Enrichment Network programs, please visit us at [www.familyenrichment.org](http://www.familyenrichment.org) or call (607) 723-8313



*The mission of Family Enrichment Network is to provide supportive services for the optimal development of children and families. We believe in coordinating children and family services using a comprehensive and collaborative approach to improve their quality of life while ensuring the greatest value for our investment in child, adult, and parent development.*