# Social-Emotional Toolkit

## Supporting All Children from Birth through Age 12

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CDSS

# A Message from the California Department of Social Services

The California Department of Social Services (CDSS) is pleased to present the Social-Emotional Toolkit.

In recent years, resources and strategies to support children's social and emotional development have expanded significantly. California, along with other states, has made substantial investments in promoting healthy development in early childhood settings. However, many educators continue to face challenges in accessing practical resources and supports for behaviors that may require additional management strategies. With increased emphasis on preventing suspension and expulsion in early learning environments, addressing these challenges is critical.

To support early childhood educators, CDSS developed the Social-Emotional Toolkit: Supporting All Children from Birth through Age 12. This toolkit was developed to promote social-emotional development and prevent suspension and expulsion in alignment with legislation designed to reduce exclusionary discipline practices in early childhood settings. The toolkit is intended to help providers and contractors access training, mental health consultation, social-emotional and positive behavior supports, and resources for children and families.

The toolkit serves as a curated collection of adaptable, evidence-based resources designed for staff working with children and families. It aims to bridge the gap between theory and practice, by offering practical strategies and guidance focused on promoting healthy development and preventing exclusionary discipline practices.

This toolkit is intended to improve access to relevant resources, address existing gaps, and support educators in implementing effective, evidence-based approaches. While it represents an important step, it is not exhaustive. The CDSS encourages ongoing feedback and continued efforts to strengthen supports for the field.

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# Acknowledgments

The development of the Social-Emotional Toolkit involved many people. The following groups contributed: (a) project leaders, (b) lead creators, (c) WestEd project staff, (d) a team from the California Department of Social Services (CDSS) and the California Department of Education (CDE) (e) subject matter experts, and (f) early childhood interested parties and members of the State & Regional Leadership Team of the CA Collaborative on the Social Emotional Foundations for Early Learning.

## Leadership

The following individuals are gratefully acknowledged for their overall leadership: **Lupe Jaime-Mileham**, **Nadirah Jones**, and **Heather McClellan-Brandusa**, from the CDSS.

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## Social-Emotional Toolkit Input

This toolkit was developed with feedback from representatives from the California Department of Social Services (CDSS), the California Department of Education (CDE), and members of child care and development workforce.

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# Introduction & Purpose

This toolkit is intended to serve as a resource to support educators and leaders in promoting healthy social-emotional development and preventing suspension and expulsion in early childhood programs. Our goal is to ensure that every educator, provider, and contractor in the Early Learning and Care (ELC) field has access to:

- High-quality training and mental health consultation.
- Positive behavior supports.
- Comprehensive resources for educators and directors/administrators.

This toolkit was designed to support early childhood educators (classroom teachers, child care providers, family friend or neighbor caregivers, afterschool program educators) and program leaders with practical pathways and resources. This toolkit serves as your integrated home for all resources in one place. This list is not exhaustive. If you have additional suggestions for resources to include, or if you encounter a broken link to a resource, please email CCDDPublications@dss.ca.gov.

The relationships and environments that educators create are powerful shapers of how children experience, express, and develop social-emotional skills. As you explore this toolkit, we encourage you to approach each child with curiosity, care, and openness, rather than assumptions about a child's intentions, abilities, or needs. Children's behaviors are influenced by many factors, including their cultural and linguistic knowledge, lived experience, relationships, and environments. Educators are encouraged to engage in ongoing self-reflection around their own positionality, values, and unconscious biases, as these can influence how behaviors are interpreted and responded to. Awareness of cultural differences, racial socialization, and potential mismatches between educator and child experience can help support more responsive relationships — and create learning environments where every child feels understood, valued, and supported.

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# Interactive Educator & Director Resources

*Your Support Tools: Ideas, Tips, and Help*

This PDF is your starting point. The toolkit itself comes to life in the interactive Microsoft Forms linked below. Each form guides you through a personalized experience and connects you directly to ready to use resources, strategies, and tools tailored to your needs. Just tap or click a START PATH link and explore the forms.

## How to Use This Toolkit

Each pathway is built as a separate Microsoft Form you can access by clicking on the links in this PDF and it will open the form in your browser. There are two ways to use the toolkit. Choose whichever works best for you.

**Option 1:** Explore and collect as you go (no account needed). As you navigate through, click on any resource link that interests you. It will open in a new browser tab so you don't lose your place in the form. You can stop anytime and use what you found. There's no pressure to complete the whole form.

**Option 2:** Complete the full pathway for a curated list (free Microsoft account required). Work through all of the questions on the entire form, selecting the responses that feel most relevant to your situation. When you reach the end, click Submit. After submitting, you will see the option to click “save my responses” to edit. This will show everything you selected, including resources, in one place, ready to revisit or share. Please note that you will need a free Microsoft account to save and access your responses. If you do not have one and prefer not to create one, Option 1 may work better for you.

## Tips for Navigating the Forms

**Required fields:** Any question marked with an asterisk (*) must be answered before you can move to the next page.

**Accessing resources:** Each resource has a title and a link. To view a resource, click the link next to its title. Selecting the answer choice next to a resource title does not open the resource, but it does record your selection and may unlock follow-up questions or additional resources on the next page.

**External links:** Clicking a resource link will open it in a new browser window. Your form will stay open in the background. You can switch back and forth between the resource and the form at any time.

**Switching pathways:** Each pathway is its own separate form. To move to a different pathway, return to this PDF and click the link for that pathway.

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# Section 1: The Educator Path

*What support do you need today?*

**Instructions:** Please identify the area where you are seeking support. Clicking a link below will take you to targeted resources, age-specific modifications, and strategies tailored to your setting's needs.

### *Path A: Understanding and Responding to Behavior*

*"I'm looking for support understanding and responding to children's behaviors I find challenging."*

- START PATH A: UNDERSTANDING AND RESPONDING TO BEHAVIOR
- What's inside: Strategies for understanding and responding to children's behavior, from using Teaching Pyramid practices and visual supports to collaborating with directors and families or adjusting the classroom/setting environment.

### *Path B: Engaging and Partnering with Families*

*"I'm looking to build stronger relationships and communication with families."*

- START PATH B: ENGAGING AND PARTNERING WITH FAMILIES
- What's inside: Strategies for partnering with families, supporting learning at home, and responding to concerns.

### *Path C: Professional Development & Reflective Practice*

*"I'm ready to grow my professional skills and reflect on my teaching approach."*

- START PATH C: PROFESSIONAL DEVELOPMENT & REFLECTIVE PRACTICE
- What's inside: Tools for self-reflection and professional learning pathways focused on social-emotional health.

### *Path D: Classroom Team Practices: Communication & Collaboration*

*"I'm looking to strengthen collaboration and communication with the adults I work with."*

- START PATH D: COMMUNICATION & COLLABORATION
- What's inside: Strategies for strengthening communication and collaboration across your classroom team. From building shared routines with co-teachers and support staff to coordinating with specialists, directors, and families for the children in your care.

### *Path E: Self-Care and Managing Stress*

*"I'm looking to focus on my own well-being so I can better support the children in my care."*

- START PATH E: SELF-CARE AND MANAGING STRESS
- What's inside: A personal self-assessment and a curated list of resources to help manage daily stressors.

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# Section 2: The Director & Leader Path

Program Director / Supervisor / Administrator / FCC Owner

*"I'm looking to strengthen my program and better support my staff and the families we serve."*

- START SECTION 2: DIRECTOR AND LEADER PATH
- What's inside: From a program leadership perspective, on this path you will explore resources to support your leadership and build a healthy, reflective program environment.

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# Appendix: Resource Library Description

This appendix brings together the resources referenced throughout the toolkit in one place. It is meant to be a practical reference you can return to whenever questions come up or when you want new ideas to try.

Resources are grouped by path and listed with the type of resource and the age range it serves. Some resources are written for specific ages, but many can be used with children of different ages and in different types of settings.

You do not need to read or use everything here. Instead, you might:

- Start with the section that feels closest to what you're dealing with right now
- Choose one resource that feels doable or helpful
- Come back to this appendix as children's needs, routines, or situations change

This appendix is designed to offer options and support, recognizing that there is no one right way to respond and that caring for children is ongoing, flexible work.

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# Appendix Resource Library

This resource collection provides materials and guidance for California counties, communities, and early learning and care programs. While some of the resources included may be older, they continue to offer useful and applicable information. We are actively identifying new materials, and updates will be made as more resources are sourced/identified. The resources here are drawn from across the toolkit's pathways and compiled in one place for easy reference and return visits.

Disclaimer: The resources and materials listed are intended as optional tools to support implementation and reflection. Their inclusion does not imply endorsement, partnership or approval by WestEd or the California Department of Social Services (CDSS), unless the resource is officially identified as part of their materials.

## Resource Key

Article

Checklist

Infographic

Handout

Publication

Guide

Tip Sheet

Podcast

Template

Webinar

Tool

Video

Webpage

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# Section 1: The Educator Path

## Path A: Understanding and Responding to Behavior

| Resource Title | Resource Type | Age Range |
|---|---|---|
| Tiered Plan of Action<br>Opens as a PDF | <br>Tool | Preschool |
| Helping Kids Notice How They Are Feeling | <br>Article | All Ages |
| Culturally Appropriate Positive Guidance with Young Children | <br>Article | All Ages |
| Planning for Positive Guidance: Powerful Interactions Make a Difference | <br>Tip Sheet | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Buzzwords Explained: Reflective Practice Guide | Guide | All Ages |
| Checklist of Early Childhood Practices that Support Social Emotional Development and Trauma-Informed Care Opens as a PDF | Checklist | All Ages |
| Pyramid Model Practices Implementation Checklist for Preschool Opens as a PDF | Checklist | All Ages |
| CA Teaching Pyramid Teacher's Support Planning Sheet Opens as a PDF | Tool | All Ages |
| Behavior and Engagement Tracking Form Opens as a PDF | Tool | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Daily Routine<br>Opens as a PDF | <br>Tool | All Ages |
| Pro-Blackness in Early Childhood Education | <br>Article | All Ages |
| Universal Support Strategies | <br>Webpage | All Ages |
| WI-AIMH Micro Learning Videos | <br>Video | All Ages |
| Social Emotional Development | <br>Webpage | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Everyday Ideas for Increasing Children's Opportunities to Practice Social Skills and Emotional Competencies | Website | All Ages |
| Scripted Story Tip Sheet Opens as a PDF | Tip Sheet | All Ages |
| Scripted Stories CA Teaching Pyramid | Tool | All Ages |
| NCPMI Scripted Stories | Handout | All Ages |
| NCPMI Scripted Story Opens as a PDF | Tip Sheet | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| CA Teaching Pyramid How to Make a Visual Schedule<br>Opens as a PDF | <br>Handout | All Ages |
| CA Teaching Pyramid: Mini Schedules & Routines, Choice Boards<br>Opens as a PDF | <br>Handout | All Ages |
| CA Teaching Pyramid: Tips for Making Visual Supports and Strategies<br>Opens as a PDF | <br>Handout | All Ages |
| Feelings Book ~ Infants and Toddlers<br>Opens as a PDF | <br>Handout | Infants and Toddlers |
| Listening to My Body: Activity Guide<br>Opens as a PDF | <br>Guide | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Early Start Referral Guide<br>Opens as a PDF | <br>Guide | All Ages |
| Reasons for Concern<br>Opens as a PDF | <br>Infographic | All Ages |
| Observing When You Have Concerns About a Child in Your Care<br>Opens as a PDF | <br>Guide | All Ages |
| Early Childhood Preschool Classroom Observation<br>Opens as a PDF | <br>Tool | All Ages |
| Systematic Instructional Practices Checklist<br>Opens as a PDF | <br>Checklist | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Tips for Responding to Challenging Behavior in Young Children<br>Opens as a PDF | <br>Tip Sheet | All Ages |
| Understanding and Managing Children's Behaviors | <br>Article | All Ages |
| Talking with Parents When You Have Concerns About a Child in Your Care | <br>Website | All Ages |
| Talking with Parents When Concerns Arise<br>Opens as a PDF | <br>Article | All Ages |
| Five Rs for Promoting Positive Family Engagement | <br>Article | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Understanding Children's Behavior ~ Supporting the Individual Needs of Infants and Toddlers, Part 1 | Video | Infants and Toddlers |
| Understanding Children's Behavior ~ Supporting the Individual Needs of Infants and Toddlers, Part 2 | Video | Infants and Toddlers |
| Infant Toddler ~ Possible Causes for Challenging Behavior<br>Opens as a PDF | Handout | Infants and Toddlers |
| Infant Toddler ~ Child Care Giver Success Plan Follow Up<br>Opens as a PDF | Handout | Infants and Toddlers |
| Help us Stay Calm ~ Strategies That Help You and Your Child During Challenging Behavior | Infographic | Preschool |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Addressing Behavior ~ How to Help Your Child Stop Hitting and Pushing | Tip Sheet | Preschool |
| Emotions ~ How to Help Your Child Recognize and Understand Anger | Tip Sheet | Preschool |
| Positive Parenting Tips ~ Preschoolers | Article | Preschool |
| Positive Parenting | Article/Video | Infants and Toddlers, Preschool |
| Information on Requesting Consultation Services through the California Infant and Early Childhood Mental Health Consultation Network | Webpage | Preschool |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Things That Will Help Me Stay Calm ~ Infants | Infographic | Infants and Toddlers |
| Teaching Your Child About Feelings ~ From Birth to Age 2 | Article | Infants and Toddlers |
| Infant and Toddler Behaviors that Can Challenge Adults | Article | Infants and Toddlers |
| Positive Parenting Tips ~ Infants (Age 0-1) | Article | Infants and Toddlers |
| Positive Parenting Tips ~ Toddlers (Age 1-2) | Article | Infants and Toddlers |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Positive Parenting Tips ~ Toddlers (Age 2-3) | Article | Infants and Toddlers |
| Emotions ~ How to Help Your Child Understand and Label Emotions | Tip Sheet | All Ages |
| Resources to Address Challenging Behaviors | Guide | Out of School Time (Before or After School Care) |
| Positive Solutions for Families ~ Family Routine Guide Opens as a PDF | Guide | Out of School Time (Before or After School Care) |
| Challenging Behaviors Tips for Families | Tip Sheet | Out of School Time (Before or After School Care) |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Feeling Faces ~ Cards (Visual Support) | Tool | Preschool |
| Feeling Wheel (Visual Support) | Tool | Preschool |
| My Teacher Has Observed<br>Opens as a PDF | Handout | Preschool |
| Teacher Support Planning Sheet<br>Opens as a PDF | Handout | Preschool |
| Supporting Infants and Toddlers with Challenging Behaviors | Article | Infants and Toddlers |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Supporting Children's Well-Being | Article | Infants and Toddlers |
| Afterschool Program Support of Children's Social-Emotional and Behavioral Health Opens as a PDF | Article | Out of School Time (Before or After School Care) |
| I Can Use My Words Scripted Story Opens as a PPT | Article | Out of School Time (Before or After School Care) |
| Helping Young Children Control Anger and Handle Disappointment Opens as a PDF | Article | Out of School Time (Before or After School Care) |
| From Circle Time to Small Groups ~ Meeting Children's Needs | Article | Preschool |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Using a Visual Schedule | Video | Preschool |
| Fostering Independent Decision-Making by Allowing Free Movement During Center Time | Video | Preschool |
| Promoting Guidance ~ The Environment | Webinar | Preschool |
| Building Environments That Encourage Positive Behavior ~ The Preschool Behavior Support Self-Assessment | Article | Preschool |
| Building Supportive Environments ~ Setting Rules and Expectations | Video | Preschool |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| The Indoor Environment ~ Designing and Organizing | Webinar | Preschool |
| Positive Discipline in the Montessori Classroom | Article | Preschool |
| Classroom Arrangement: Redesigning the Toddler Room | Video | Infants and Toddlers |
| Rocking and Rolling ~ Using Materials Creatively to Enhance Toddler Learning Environments | Article | Infants and Toddlers |
| Infants and Toddlers Environments Planning Document Opens as a PDF | Handout | Infants and Toddlers |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Infant and Toddler Spaces ~ Design for a Quality Classroom | Guide | Infants and Toddlers |
| Circle Classroom Environment Checklist | Checklist | Infants and Toddlers |
| How Can Teachers Help Young Children Learn Expected Behaviors? | Article | All Ages |
| Successful Circle Times | Article | All Ages |
| Environments | Video | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| 5 Ways to Support Dual Language Learning in Early Childhood Education Programs | Article | All Ages |
| Using Mixed-Age Groups to Support Continuity of Care in Center-Based Programs | Article | Mixed-Age |
| Keys to Quality Afterschool: Environments, Relationships, and Experiences Opens as a PDF | Guide | Out of School Time (Before or After School Care) |
| School-Age Child Care Program Checklist | Checklist | Out of School Time (Before or After School Care) |
| Creating Environments that Include Children's Home Languages and Cultures Opens as a PDF | Tip Sheet | Out of School Time (Before or After School Care) |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Six Ways Educators Can Honor Home Languages<br>Opens as a PDF | <br>Article | Out of School Time (Before or After School Care) |
| Creating Quality School-Age Child Care Space<br>Opens as a PDF | <br>Guide | Out of School Time (Before or After School Care) |
| NCSE Visual Supports Environment Resource<br>Opens as a PDF | <br>Guide | Preschool |
| Responsive Daily Routines Inventory<br>Opens as a PDF | <br>Handout | Infants and Toddlers |
| EBP Brief Packet: Visual Supports for Toddlers<br>Opens as a PDF | <br>Tool | Infants and Toddlers |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Routine Cards ~ Home<br>Opens as a PDF | <br>Handout | All Ages |
| Visual Supports | <br>Handout | All Ages |
| Individual Schedules | <br>Handout | Out of School Time (Before or After School Care) |
| Developing Expectations at Home<br>Opens as a PDF | <br>Handout | Out of School Time (Before or After School Care) |
| Four Tools for Supporting Transitions<br>Opens as a PDF | <br>Handout | Preschool |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| The Importance of Schedules and Routines | Article | Preschool |
| Reducing Challenging Behaviors during Transitions ~ Strategies for Early Childhood Educators to Share with Parents | Article | Preschool |
| PITC Brief Overview<br>Opens as a PDF | Article | Infants and Toddlers |
| Continuity of Care Tip Sheet<br>Opens as a PDF | Tip Sheet | Infants and Toddlers |
| Supporting Transitions Both Big and Small | Article | Infants and Toddlers |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Trauma Informed Care Guide<br>Opens as a PDF | <br>Guide | All Ages |
| Supporting Morning and Afternoon Transitions | <br>Article | Out of School Time (Before or After School Care) |
| How to Use Visual Supports | <br>Tip Sheet | Preschool |
| Strategies for Using Choice and Preferences<br>Opens as a PDF | <br>Handout | Preschool |
| Tips and Ideas for Making Visuals to Support Young Children with Challenging Behavior<br>Opens as a PDF | <br>Tip Sheet | Infants and Toddlers |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Using Visuals | Article | All Ages |
| Using Choice and Preference to Promote Improved Behavior (What Works Briefs) | Article | Out of School Time (Before or After School Care) |
| Using Visual Supports to Set Up Your Early Learning Classroom | Article | Out of School Time (Before or After School Care) |
| Creating a Cozy Area<br>Opens as a PDF | Tip Sheet | Infants and Toddlers |
| Mixed-Age Groups in After-School and Out-Of-School Time Programs<br>Opens as a PDF | Article | Out of School Time (Before or After School Care) |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Help US Calm Down | Tool | Infants and Toddlers, Preschool |
| CA Teaching Pyramid Information | Webpage | All Ages |
| Social Emotional Tips for Providers Caring for Infants Opens as a PDF | Tip Sheet | Infants and Toddlers |
| Social Emotional Tips for Providers Caring for Toddlers Opens as a PDF | Tip Sheet | Infants and Toddlers |
| Social Emotional Development Modules | Webinar | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Pyramid Model: Universal Supports to Promote Social Emotional Competence | Article | All Ages |
| A Guide to Social-Emotional Growth and Development, Third Edition | Guide | Infants and Toddlers |
| A Guide to Setting Up Environments, Third Edition | Guide | Infants and Toddlers |
| Creating Equitable Early Learning Environments for Young Boys of Color Opens as a PDF | Guide | All Ages |
| Promoting Positive Student Behaviors Opens as a PDF | Handout | Out of School Time (Before or After School Care) |

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## Path B: Engaging and Partnering with Families

| Resource Title | Resource Type | Age Range |
|---|---|---|
| Talking with Families about Problem Behavior: Dos and Don'ts | Tip Sheet | All Ages |
| Reframing Family Engagement: Communication Examples | Article | All Ages |
| Addressing Behavior- How to Understand the Meaning of Your Child's Challenging Behavior | Tip Sheet | All Ages |
| Emotions- How to Use Positive Language to Improve Your Child's Behavior | Tip Sheet | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Considerations for Working with Children who Have Experienced Trauma<br>Opens as a PDF | <br>Article | All Ages |
| Addressing Behavior- How to Help your Child Stop Biting | <br>Tip Sheet | All Ages |
| Encouraging Positive Behaviors at Home - A Chart for Families | <br>Tool | All Ages |
| Nurturing Potential with Evidence-Based Approaches | <br>Video | All Ages |
| Addressing Behavior- How to Give Clear Directions | <br>Tip Sheet | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Supporting Behavior Through Connection | Tool | All Ages |
| Meet Families Where They Are | Tip Sheet | All Ages |
| Emotions - How to Help Your Child Recognize and Understand Frustration Opens as a PDF | Tip Sheet | All Ages |
| Family Voice and Choice in the Individualized Behavior Support Process | Tip Sheet | All Ages |
| Positive Solutions for Families: Eight Practical Tips for Parents of Young Children with Challenging Behavior | Tip Sheet | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Routines and Schedules - How to Plan Activities to Reduce Challenging Behavior | Tip Sheet | All Ages |
| Addressing Behavior - How to Use Social Stories to Teach your Child New Skills and Expectations | Tip Sheet | All Ages |
| Routines and Schedules - How to Use Visual Schedules to Help Your Child Understand Expectations | Tip Sheet | All Ages |
| Addressing Behavior - Teachable Moments: How to Help your Child Avoid Meltdowns | Tip Sheet | All Ages |
| Routines and Schedules - How to Help Your Child Transition Smoothly Between Places and Activities | Tip Sheet | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Teaching Your Child to Cooperate with Requests | Article | All Ages |
| WI-AIMH Micro Learning Videos | Video | All Ages |
| Multi-Tiered Family Engagement | Video | All Ages |
| Promoting Family Engagement | Webpage | Infants and Toddlers |
| Engaging Families in Afterschool and Summer Learning Programs (Review of Research) | Guide | Out of School Time (Before or After School Care) |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Engaging Families in Child Care | Article | All Ages |
| What is Family Engagement? | Tip Sheet | All Ages |
| Family and Community Engagement | Infographic | All Ages |
| The Power of Play: Unlock Developmental Benefits for Your Child | Article | All Ages |
| Help Your Preschooler Gain Self-Control | Article | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Family Engagement in Systems | Infographic | All Ages |
| Welcoming Families Communication | Tool | All Ages |
| Engaging in Reciprocal Partnerships with Families and Fostering Community Connections | Article | All Ages |
| Connect Families to Community-Based Services and Resources | Article | All Ages |
| Learn the Signs. Act Early | Video | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| How to Get Help for Your Child | Tip Sheet | All Ages |
| Tips for Talking with Parents about Developmental Concerns | Tip Sheet | All Ages |
| Milestone Checklists with Tips | Checklist | All Ages |
| Supporting Children's Development | Article | All Ages |
| What to Expect & When to Seek Help-Early Childhood<br>Opens as a PDF | Tool | All Ages |

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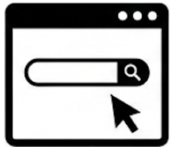
| Resource Title | Resource Type | Age Range |
|---|---|---|
| What to Expect & When to Seek Help-Infancy<br>Opens as a PDF | <br>Tool | Infants and Toddlers |
| What is Child Find? | <br>Article | All Ages |
| Teaching Pyramid Materials |  <br>Webpage | All Ages |
| Family Engagement in Early Care and Education Learning Series | <br>Webinar | All Ages |
| California School-Age Consortium | <br>Webpage | Out of School Time (Before or After School Care) |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| A Guide to Creating Partnerships with Families, Third Edition | Guide | Infants and Toddlers |
| Family Partnership Policies and Practices Self Assessment Opens as a PDF | Tool | All Ages |
| PITC Guide to Culturally Sensitive Care Publication Opens as a PDF | Guide | Infants and Toddlers |
| Family Partnerships and Culture Opens as a PDF | Guide | Preschool |
| Responsive Early Education for Young Children and Families Experiencing Homelessness Opens as a PDF | Publication | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Exploring Your Values: Culture, Family, and Child Development<br>Opens as a PDF | <br>Tool | All Ages |
| Family Voice Resource<br>Opens as a PDF | <br>Tool | All Ages |

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## Path C: Professional Development & Reflective Practice

| Resource Title | Resource Type | Age Range |
|---|---|---|
| Inclusive Routines in Early Care and Learning: Environments ~ Session 1 | Video | All Ages |
| California Early Childhood Online | Webpage | All Ages |
| Promoting Reflective Practice Opens as a PDF | Handout | All Ages |
| Culturally Responsive Trauma Informed Practice Modules | Webinar | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Safe Spaces: Foundations of Trauma-Informed Practice for Educational & Care Settings | Video | All Ages |
| Trauma-Informed Practices in Early Childhood Education<br>Opens as a PDF | Article | All Ages |
| NAEYC~ Anti-Bias Resources | Webpage | All Ages |
| How Bias Impacts Our Relationships with Children and Families | Article | All Ages |
| Addressing Implicit Bias | Video | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Understanding Anti-Bias Education: Bringing the Four Core Goals to Every Facet of Your Curriculum | Article | All Ages |
| Multilingual Learning Toolkit | Webpage | All Ages |
| CDE ~ Dual Language Learners | Webinar | All Ages |
| Dual Language Learners with Disabilities or Suspected Delays | Webpage | All Ages |
| Bilingual & Dual Language Education | Video | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| QSLA Dual Language Learner Initiative | Webinar | All Ages |
| Multilingual Learning Toolkit | Webpage | All Ages |
| Improving Outcomes for Multilingual Students with Exceptional Needs | Webpage | All Ages |
| CDE ~ Dual Language Learner (DLL) Support | Webpage | All Ages |
| Early Edge Partnered Resources | Webpage | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Planned Language Approach | Webpage | All Ages |
| HeadStart | Webpage | All Ages |
| Preschool/Transitional Kindergarten Toolkit for English Learner Roadmap Implementation | Publication | All Ages |
| Supporting Your Child as a Dual Language Learner: A Guide for Families of Young Children | Publication | All Ages |
| The State of English Learners | Publication | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Supporting Resilience and Social-Emotional Learning – Grades K-2 | Publication | All Ages |
| Supporting Resilience and Social-Emotional Learning – Grades 3-5 | Publication | All Ages |
| Supporting Resilience and Social-Emotional Learning – Guide for Teachers | Publication | All Ages |
| Inclusive Learning Circle Webinar Series | Webinar | All Ages |
| CDE ~ Professional Learning | Webpage | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Center for Applied Linguistics | Webinar | All Ages |
| Literacy for Multilingual Learners | Webpage | All Ages |
| A Multi-Disciplinary Approach for Multilingual Students with Exceptional Needs | Webinar | All Ages |
| Multilingual Students with Exceptional Needs ~ Training Modules | Webinar | All Ages |
| Open Access Learning & Participation for ALL | Webpage | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| California Early Childhood Online | Webpage | All Ages |
| Quality Counts California: Learning Opportunities | Webpage | All Ages |
| Early Childhood Investigations | Webinar | All Ages |
| Dual Language Learners | Webpage | All Ages |
| Dual Language Learner (DLL) Support | Webpage | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Training and Educational Resources | Webpage | All Ages |
| The Integrated Nature of Learning<br>Opens as a PDF | Guide | Preschool |
| The Powerful Role of Play in Early Education<br>Opens as a PDF | Publication | All Ages |

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## Path D: Classroom Team Practices: Communication & Collaboration

| Resource Title | Resource Type | Age Range |
|---|---|---|
| Collaboration to Learn and Grow Checklist<br>Opens as a PDF | <br>Checklist | All Ages |
| Team Members Engaging in Quality Communication<br>Opens as a PDF | <br>Tip Sheet | All Ages |
| Team Members Helping One Another to Learn and Grow<br>Opens as a PDF | <br>Tip Sheet | All Ages |
| 6 Strategies for Successful Co-teaching | <br>Tip Sheet | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| 14 Principles & Examples of Effective Teamwork in Child Care | Webpage | All Ages |
| WI-AIMH Micro Learning Videos | Video | All Ages |
| Working with Early Intervention as a Child Care Provider<br>Opens as a PDF | Tip Sheet | All Ages |
| Finley's Parent-Teacher Conference | Video | All Ages |
| When in Doubt, Reach Out: Teaming Strategies for Inclusive Early Childhood Settings | Article | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Supporting One Another and Building Positive Early Childhood Program Climate | Article | All Ages |
| How to Strengthen Communication Between Staff in Childcare | Video | All Ages |
| 6 Simple Ways to Build Trusting Relationships with Staff | Tip Sheet | All Ages |
| Active Listening: No Concerns | Video | All Ages |
| Families are Fully Team Members | Checklist | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Helping Families Be Full Team Members | Tip Sheet | All Ages |
| Recommendations for Early Educators | Tip Sheet | All Ages |
| Communication and Collaboration with Families | Guide | All Ages |
| Communication, Collaboration, and Teaming | Webpage | All Ages |
| Working as a Team | Webpage | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| 5 Ways to Promote Teacher Collaboration in Early Education | Tip Sheet | All Ages |
| How to Promote Effective Communication in Childcare | Article | All Ages |

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## Path E: Self-Care and Managing Stress

| Resource Title | Resource Type | Age Range |
|---|---|---|
| 8 Dimensions of Wellness | Article | All Ages |
| Creating Habits to Support Your Physical and Mental Health | Podcast | All Ages |
| Educator Movement and Physical Activity | Guide | All Ages |
| WI-AIMH Micro Learning Videos | Video | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Stress Management: Techniques and Strategies to Deal with Stress | Guide | All Ages |
| The Importance of Self-Care for Early Care and Education Professionals | Video | All Ages |
| Virtual Be Well | Webpage | All Ages |
| Mindfulness Response Strategies | Tip Sheet | All Ages |
| Relaxation Exercises | Tool | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Explore Your Emotions | Webpage | All Ages |
| Finding and Using Support in Your Teaching Community | Article | All Ages |
| Conversations Matter | Webpage | All Ages |
| Taking Steps Toward Cultural Competence Through Meaningful Conversations | Webpage | All Ages |
| Pause- A Problem-Solving Framework Opens as a PDF | Guide | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Reframing "Bad" Behavior to Help Students Succeed | Article | All Ages |
| Tips to Improve Your Emotional Well-Being | Infographic | All Ages |
| Assess Your Sleep Needs | Webpage | All Ages |
| Self-Compassion Break for Adults | Tool | All Ages |
| The Three-Component Model of Emotions | Article | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Self-Regulation Practices for Teachers and Students | Article | All Ages |
| Co-regulation Strategies in School: How Educators Can Support Students' Learning | Tip Sheet | All Ages |
| 5 Steps for Responding to Challenging Behavior | Infographic | All Ages |
| Reflecting on Our Reactions and Responses | Video | All Ages |
| Mindful Self-Compassion | Guide | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Reflectable: A mobile tool that puts professional learning into practice | Webpage | All Ages |
| Trauma-Informed Practices in Early Childhood Education | Webpage | All Ages |
| 10 Promising Practices in Early Learning for Black Boys Opens as a PDF | Tool | All Ages |

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## Section 2: The Director & Leader Path

| Resource Title | Resource Type | Age Range |
|---|---|---|
| CA Preschool Transitional Kindergarten Foundations | Publication | Preschool |
| Videos of Foundations | Video | Preschool |
| The ECE Resource Hub | Webpage | Preschool |
| A Guide to Communicating About Early Childhood Development | Article | Preschool |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| CA Early Learning and Development | Webpage | Infants and Toddlers |
| Infant Mental Health and Diversity-Informed Practice ~ Tips for Professionals | Article | Infants and Toddlers |
| Past PITC Webinar Events | Webinar | Infants and Toddlers |
| Zero to Three Early Childhood Professional Development Calendar (Training Events) | Webpage | Infants and Toddlers |
| ELCD-Approved Training Opportunities | Webpage | Infants and Toddlers |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Afterschool Alliance ~ Online Professional Development Platform | Webinar | Out of School Time (Before or After School Care) |
| WI-AIMH Micro Learning Videos | Video | All Ages |
| CA Making Access Possible (CAMAP): Resources on Social-Emotional & Behavior | Webpage | Preschool |
| Guiding Children's Behavior Opens as a PDF | Article | All Ages |
| 15 Positive Guidance Strategies that Work and Teach | Article | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| California Early Childhood Online ~ search Topic Family Engagement | Webinar | All Ages |
| Acknowledge, Ask, and Adapt ~ A Process in Communication Opens as a PDF | Handout | All Ages |
| Three Building Blocks of Reflective Supervision for Early Childhood Professionals | Article | All Ages |
| Four Dispositions to Help Early Childhood Educators Transform Their Practice | Article | All Ages |
| How to Have Difficult Conversations | Article | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| How Leaders Can Free up More Time for Planning and Breaks | Article | All Ages |
| How to Make the Most of Your Planning Time | Article | All Ages |
| Time Management Tips for Teachers | Article | All Ages |
| The Responsive Process | Handout | Infants and Toddlers |
| Early Childhood Education Observation Form<br>Opens as a PDF | Template | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Observing, Planning, Guiding ~ How an Intentional Teacher Meets Standards Through Play | Article | All Ages |
| School-Age Child Care Program Checklist Opens as a PDF | Checklist | Out of School Time (Before or After School Care) |
| The Role of the Coach in Early Education | Article | All Ages |
| The Importance of Coaching in Early Childhood | Article | All Ages |
| How Coaching Can Help Child Care Directors Meet Their Quality Improvement Goals | Article | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| The Importance of 1:1 Meetings/ Check Ins<br>Opens as a PDF | <br>Article | All Ages |
| Building a School Culture through 1-on-1 Conversations | <br>Article | All Ages |
| Be Well, Care Well ~ Taking Care of the Caregivers | <br>Article | All Ages |
| How Can Mindfulness Support Early Childhood Educators? | <br>Article | All Ages |
| Getting Started with Mindfulness ~ A Toolkit for Early Childhood Organizations | <br>Handout | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Mental Health is Everyone's Business. And It Starts with Ourselves. | Article | All Ages |
| How Mental Health Consultants Support Child Care Programs | Article | All Ages |
| Center of Excellence for Infant & Early Childhood Mental Health Consultation | Webpage | All Ages |
| Early Childhood Mental Health Helps Kids and Caregivers | Article | All Ages |
| Preventing Burnout in Early Childhood Professionals ~ Practical Self-Care Strategies | Article | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Parent Involvement and Family Engagement | Webpage | All Ages |
| Building Partnerships with Families Series | Webpage | All Ages |
| What Parents Want ~ How Policies Can Spur School-to-Family Connections and Build Trust | Article | All Ages |
| Special Education Referrals | Article | All Ages |
| Developmental and Behavioral Screening Guide<br>Opens as a PDF | Guide | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| 10 Basic Steps in Special Education | Webpage | All Ages |
| Partnering with Families to Identify Developmental Concerns | Article | All Ages |
| California Parent Organizations | Webpage | All Ages |
| Understanding Your Rights ~ Special Needs Programs | Article | All Ages |
| What Do Teachers Need Most From Their Directors?<br>Opens as a PDF | Article | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Infant and Early Childhood Mental Health and Reflective Practice | Webpage | All Ages |
| Productive Meeting Frameworks for Educational Leaders | Article | All Ages |
| Leading Voices Podcast Series Episode 12: Cultivating Belonging, Inclusive Spaces, and Reflective Practices—A Conversation With Monica Mathur-Kalluri | Podcast | All Ages |
| Necessary Investments: Communication, Mentoring, and the Prioritization of Time | Article | All Ages |
| Managing Your Time as a Leader | Article | All Ages |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Addressing Challenging Behavior in Challenging Times ~ Empowering Early Childhood Educators Through Reflective Practice | Article | All Ages |
| California Early Childhood Educator Competencies | Webpage | All Ages |
| CompSat: Professional Development Tools for Early Educators | Webpage | All Ages |
| The Protective Urges of Caregivers of Infants and Toddlers: Dealing with Feelings<br>Opens as a PDF | Article | Infants and Toddlers |
| Referral to California Early Start | Webpage | Infants and Toddlers |

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| Resource Title | Resource Type | Age Range |
|---|---|---|
| Chapter 4 Information on IEP Process | Webpage | All Ages |
| Preschool and Early Childhood IEP Resources<br>Note: This page comes from a San Francisco based family resource center, and the information it offers reflects statewide processes that educators and families anywhere in California can use. | Webpage | All Ages |

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