

# Connecting During COVID-19: Supporting You Supporting Others



**Building Resilience  
Through Relationships  
During COVID-19**

Are you serving children and families during COVID-19, either onsite or remotely? The California Inclusion and Behavior Consultation (CIBC) Network has resources to support you during this time.

Many family child care and center-based programs are serving essential workers and their families through onsite child care. Other programs, though physically closed, are addressing family needs remotely in addition to offering professional development to staff.

To support your work, CIBC's statewide network of consultants are available for virtual consultation and technical assistance to promote the social and emotional health of children, families, and staff.

## AREAS OF SUPPORT INCLUDE:



**Working** effectively with children who have special health care or developmental needs



**Focusing** on relationships and practices that buffer against stress and trauma



**Addressing** challenging or difficult behavior in children



**Managing** stress during the COVID-19 pandemic: Self-care for caregivers

CIBC services are offered at **no cost** through web-based technology or by phone to early learning and care programs funded by the California Department of Education, Early Learning and Care Division (CDE/ELCD) and/or participating in their local Quality Counts California (QCC). To request services, go to the CIBC website ([cibc-ca.org](http://cibc-ca.org)) and click on the Request for Assistance tab on the left. Once we receive your request, a CIBC staff member will contact you.

**For more information, contact us at: 877-524-2422 or [cibc@wested.org](mailto:cibc@wested.org)**

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