

Emotions are universally everyone's first language. By teaching children – beginning from birth – to identify, manage and regulate their big emotions, we're laying the foundation for lifelong success. By supporting the adults, we're providing them with the emotional toolkit they need both for themselves and for the children in their care, who depend upon them to help navigate this unprecedented ongoing storm.

Knowing that children thrive and learn best while in the care of responsive, empathic relationships, we must not forget about taking care of ourselves. We're facing unprecedented and trying times. These are times when we need to give ourselves a pat on the back, a hug and a needed break – not just deep breathing and self-care, but also literally giving ourselves a break when sometimes we don't show up in the most ideal way day in and day out.

