



Preschool and Daycare Consultation



For Families

Because every child should have a good day at school.

Preschool is a time for making friends, learning new skills, and having fun.

But some children's special needs are not always obvious, which can turn a fun experience into one that makes the child feel stressed and unhappy. With the right resources and support, caring adults can identify these problems and find help for children who are struggling.

The problem may be something the child does or something they cannot do. Sometimes children feel sad, shy, angry or aggressive. They may have conflict with their peers or feel overwhelmed. Sometimes they can't control their feelings and this may show in their behavior.

Does this sound like your child? We Care Services for Children's Preschool and Daycare Consultation can help.*

For more than 20 years, we have successfully provided early childhood mental health consultation to preschools and daycares in Contra Costa County to establish a collaborative relationship with the child care provider, the family, and the child.

We Care's team helps to bring a positive resolution for a child from birth to age five who is:

- Angry or aggressive
- Unhappy, distant or unable to play with peers
- Overly shy
- Recovering from a traumatic event or family crisis
- Worrying excessively
- Delayed in development

With parental consent, mental health consultants observe the child and then meet with the child care provider to determine the best way to help. In addition, consultants meet with parents, make referrals, and follow the child's progress as needed. Each child's needs are met in the way that works best for them.

For more information, please contact **Phuong Seltzer, LMFT** at (925) 305-4262 or pseltzer@wecarechildren.org.



Today our son is a healthy, smart, active little boy, thriving in the world around him. His work with the We Care consultant positively impacted his emotional intelligence, intellectual growth, and general well-being. A year of working with We Care Services for Children has benefitted all of us.



— Anonymous parent in Contra Costa County



**Services can be provided virtually*