

# Community of Practice:Birth23-COSP Facilitators

Date: 09/25/23 Time: 2:00pm

## Agenda



BEING WITH -

### The Feelings Bench

Feelings are only scary if we are alone in them. When kids are upset, imagine that they are plopped down on the bench of that feeling.

Your job? Find the bench. Sit and stay. That's all. Don't try to change the bench into a Happy Bench. Don't argue for a move to the Look-at-the-Brightside Bench. Kids look at us and plead, "I'm already here. I know that this is my bench right now. Please keep me company. When you don't, I am alone. And that feels worse than the feeling itself." Sit with your child where she is. Be your child's "bench warmer" to make her feelings feel more manageable. It will give her the strength and safety to move on when the child is ready.

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1. Updates from Programs.
  2. Benchmark- Peer to Peer TA.
  3. COSP- Classroom for Daycares, Headstart, Preschool Programs
    - These Community Programs can benefit from COSP principles, supportive hands and relationship building.
  4. Progress with Provider and Caregiver COSP experiences within B-3 Programs.
  5. Billing COSP service delivery on IFSP's.
  6. Chapter3- "Being With"- Review and Discussion.
  7. Next meeting: