



# HOLDING HOPE

Infant-Early Childhood Mental Health Consultation  
*Provided by Child Care Aware of Washington*

## What Is Holding Hope?

Holding Hope is a unique program that partners Infant and Early Childhood Mental Health Consultants with child care providers and Early Achievers Coaches to promote the social emotional development and well-being of young children in care.

## Who Can Participate In Holding Hope Consultation?

Holding Hope is provided free of charge to licensed child care providers participating in Early Achievers

## How Do I Get Started?

Contact your Early Achievers Coach for a referral to a Holding Hope Consultant in your region, or email Celeste Farmer at [holdinghope@childcareawarewa.org](mailto:holdinghope@childcareawarewa.org)

## Holding Hope Consultants Can:

- Partner with staff to support with understanding and managing children’s challenging behaviors
- Promote social and emotional development of all children in care
- Support caregivers with the stresses of caring for young children
- Strengthen relationships among staff, children and families
- Provide referrals to community resources as needed

## What Can I Expect If I Sign Up For Holding Hope?

- A Holding Hope Consultant will reach out to you to schedule a phone call or meeting to explain services and get to know your strengths and needs
- You can ask for support for a child, family, teacher, classroom, yourself or your program as a whole
- The Holding Hope Consultant meets with your site regularly (in person, remotely, or by phone) either weekly, bi-weekly, or as needed to support your goals
- The Holding Hope Consultant works with your team and your Early Achievers Coach to support your site with sustainable plans and then says goodbye once goals are achieved or you agree that we’re done for now

*Holding Hope: Infant Early Childhood Mental Health Consultation is provided by Child Care Aware of Washington with support from the Washington Department of Children Youth & Families*

