



# Building Blocks for Reflective Communication: A Guide for Early Care and Education Professionals

*Grace Manning-Orenstein*

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## **Building Blocks for Reflective Communication: A Guide for Early Care and Education Professionals**

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In the United States today, more than 11 million children five years of age and under spend part of each day in the professional care of 21 million early childhood caregivers. Anyone connected to this field, whether they be administrators, teachers, parents, mental health consultants, early childhood mental health agencies, or universities, will want to learn about the unique stressors of this emotionally charged environment and its impact on the individuals who work there.

Intended to provide communication skills that deal positively with the powerful emotions triggered by stress, *Building Blocks for Reflective Communication* will help people express themselves honestly and authentically while at the same time showing respect for their colleagues. Empowering, straightforward, and accessible, this book is a source of calm for those tense moments when teacher relationships hang in the balance.

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