



What We Do

We provide infant and early childhood mental health consultation and coaching that helps alleviate caregivers' stress, boost caregiver confidence, foster caregivers' mental and social-emotional well-being, and prevents the suspension and expulsion of young children in child care.



I have seen tremendous change in the overall classroom management which has trickled down to the students. There has been significant improvement in structure, organization, and communication.

-Parent Quote-

To make a referral

Child care providers, families, and other service providers can make a referral for a child by submitting a request for services via email at echoreferral@exchangefamilycenter.org.

Completed referral forms can be submitted via email to zulaykhacd@exchangefamilycenter.org or faxed to (919) 493-5725.

Programs and families can contact the program leadership directly at zulaykhacd@exchange-familycenter.org or call/text (919) 321-8598 with questions or concerns.



(919) 321-8598



echoreferral@exchangefamilycenter.org



exchangefamilycenter.org

3400 Croasdaile Drive, Suite 206 Durham NC



ECHO PROGRAM

Early Childhood Outreach Program

The Early Childhood Outreach (EChO) Program is a free resource that supports children's social-emotional development from birth through age 5 within child care centers and family child care homes located in Durham County, North Carolina.

Through consultation, coaching, professional development training/workshops, we help caregivers of infants and young children to:

- Look at each child's strengths and potential for growth and learning
- Reflect on the powerful impact of connection in nurturing, responsive relationships
- Explore what might be happening in a child's life, when they're displaying challenging behaviors
- Respond to challenging or inappropriate behavior in an attuned, empathic way
- Help children develop important social-emotional skills like sharing, getting along with others, emotional regulation, and resolving conflict
- Create supportive learning environments that promote diversity, equity, and inclusion
- Build relationships with families



EChO consultants Offer

The EChO program offers consultation services and support to Durham child care providers and families when a young child's behavior presents a challenge in the classroom.

- On-site and virtual classroom observations
- Screening/assessment strategies for children and classrooms
- A reflective process and practice-based coaching to identify strengths and opportunities for growth
- Facilitate action plan development and implementation to support children and child care providers
- Community resources and referrals for additional support if identified

Benefits of the EChO Program

EChO Consultants help the adult caregivers of young children build stronger relationships, increase resiliency, and strengthen their protective factors.

Through practice-based coaching and reflective practice, consultants provide caregivers with strengths-based strategies that help improve the social, emotional, and behavioral outcomes for children with, and at risk for, developmental delays and expulsion and suspension.

The EChO Program supports caregivers in reducing their stress, while also helping to improve school readiness for children.

My classroom has improved because of the services provided for one child. It made a difference for the entire classroom. We were able to identify her triggers and address them through daily activities, which made a big difference in the child's behavior.

-Teacher Quote-

