



Infant Mental Health Is Everyone's Business

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Welcome/Check In

Workshop Objectives

- Develop an understanding infant and early childhood mental health
- Learn strategies and interventions to promote optimal growth and development
- Exploring the importance of self-care





"I wish I'd started therapy at your age."



Infant Mental Health

The capacity of the child from birth to age five to:

- Experience, regulate and express emotions
- Form close and secure interpersonal relationships
- Explore the environment and learn all in the context of family, community and culture



History and Theory

- Term coined by Selma Fraiberg in 1975
- Theoretical framework based in Bowlby's attachment theory
- Growing attention in interdisciplinary fields

6 Key Concepts of Development

Brain
Architecture

Serve and
Return

Toxic Stress

Lifelong
Health and
Well-Being

Timing and
Critical Periods

Developmental
Environments

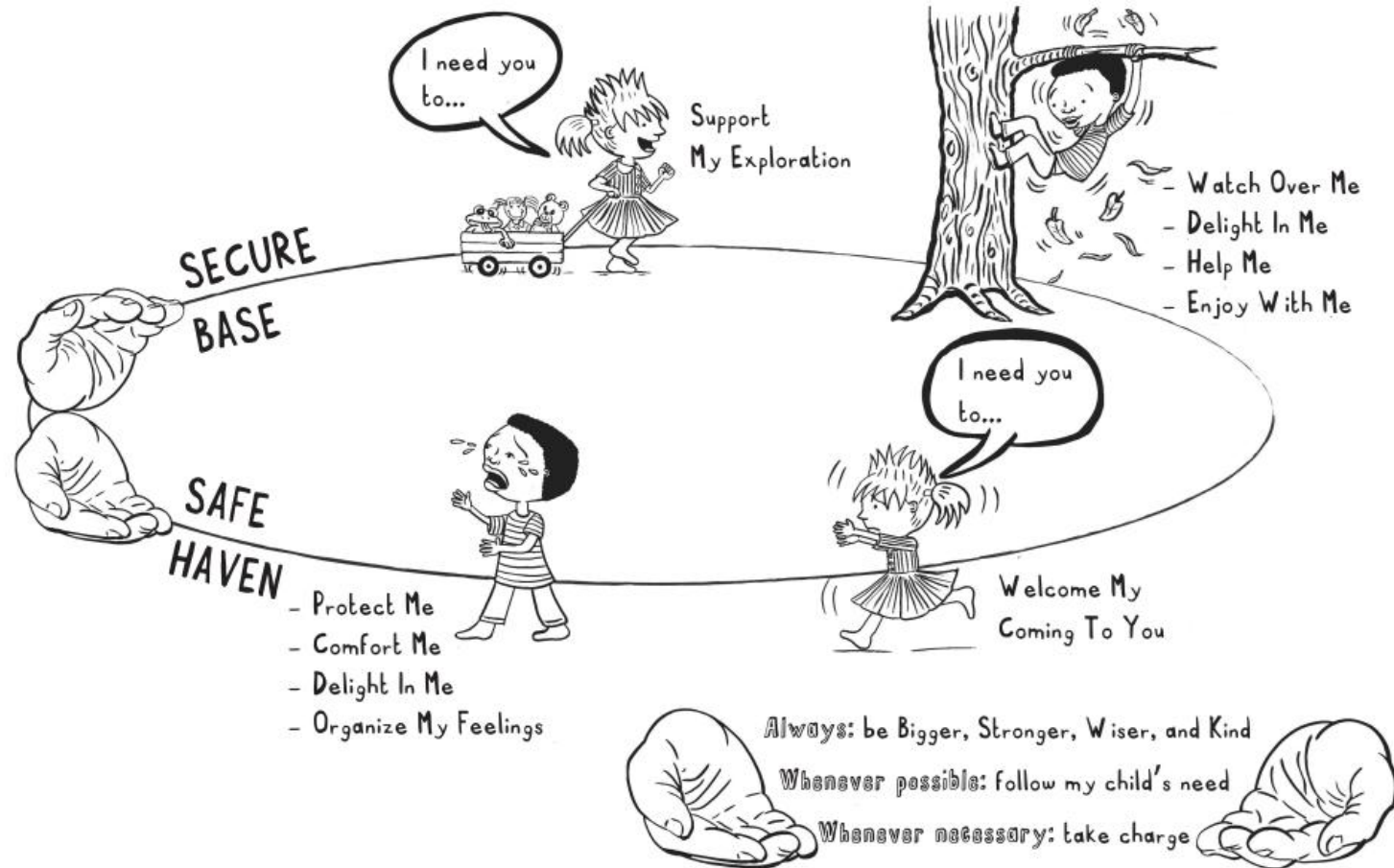
Services in Infant Mental Health

- Concrete Assistance
- Emotional Support
- Developmental Guidance
- Early Relationship Assessment & Support
- Advocacy
- Infant-Parent Psychotherapy



Circle of Security

Caregiver Attending To The Child's Needs



A woman with long, dark, curly hair is looking down at a baby. The baby is wearing a brown sweater and is looking up at the woman. The background is a soft, warm sunset or sunrise over a body of water.

**Key
Ingredient to
Healthy
Development:
Positive and
Secure
Relationships**



What's the difference?

**Attachment,
Bonding and
Attunement**



Bonding

Bonding in this context can be seen as the parental feeling of connection and love. This can start even before the child is born.

Attachment

- **Self-Esteem:** Formed by the quality of care and attention received during infancy.
"I am deserving of love"
- **Trust:** Established through consistent and responsive caregiving.
"If I need help, I know I can ask for support."
- **Confidence:** Developed by secure attachment experiences, providing a sense of safety and support.
"I feel confident to go and explore my world"
- **Safety:** Developed by early caregivers keeping a child safe and setting appropriate boundaries.
"I know how to keep myself safe"

Attunement

Attunement is the responsiveness we show to another person. In IECHMH It speaks to our ability to tune in to the child's emotions and actions, offering support and care accordingly.

Example : when an adult sees a baby crying, understands that the baby is hungry, and promptly picks up the baby to feed her

Example: When a baby points to an object and the caregiver "shares the focus" by naming and retrieving the object.

Example: When a toddler is frustrated and yelling, and a caregiver empathetically works to support toddler in problem solving and regulating.



Temperament

- Activity Level
- Adaptability
- Intensity
- Mood
- Persistence/attention span
- Sensory threshold

“Ghosts in the Nursery”

- Parents/Caregivers **past affects** their **current** relationship with the child
- Parents/Caregivers and the child’s mental health are linked to one another
- Our early experiences lay the groundwork for how we love, bond, work and play

**The
“Good Enough”
Parent**

*- Donald
Winnicott*

Knowing

Doing

Being



Holding the Baby in Mind

How does it feel to be held in mind by others?





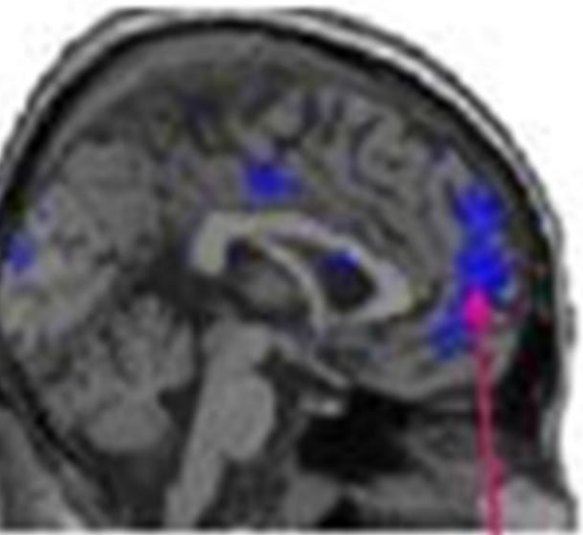
Additional Food for Thought

- Integrate IECMH in programs
 - Trauma Informed Care
- Know your community resources
- Understand your limited but critical role
- Keeping self-care at the forefront

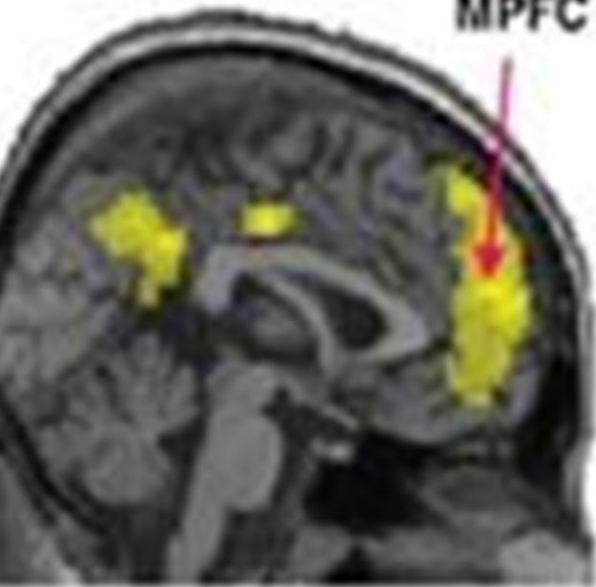


The Journey of Self-Care

- Creating time and space during times of urgency
- It is not a big production
- Plan ahead of time



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MPFC

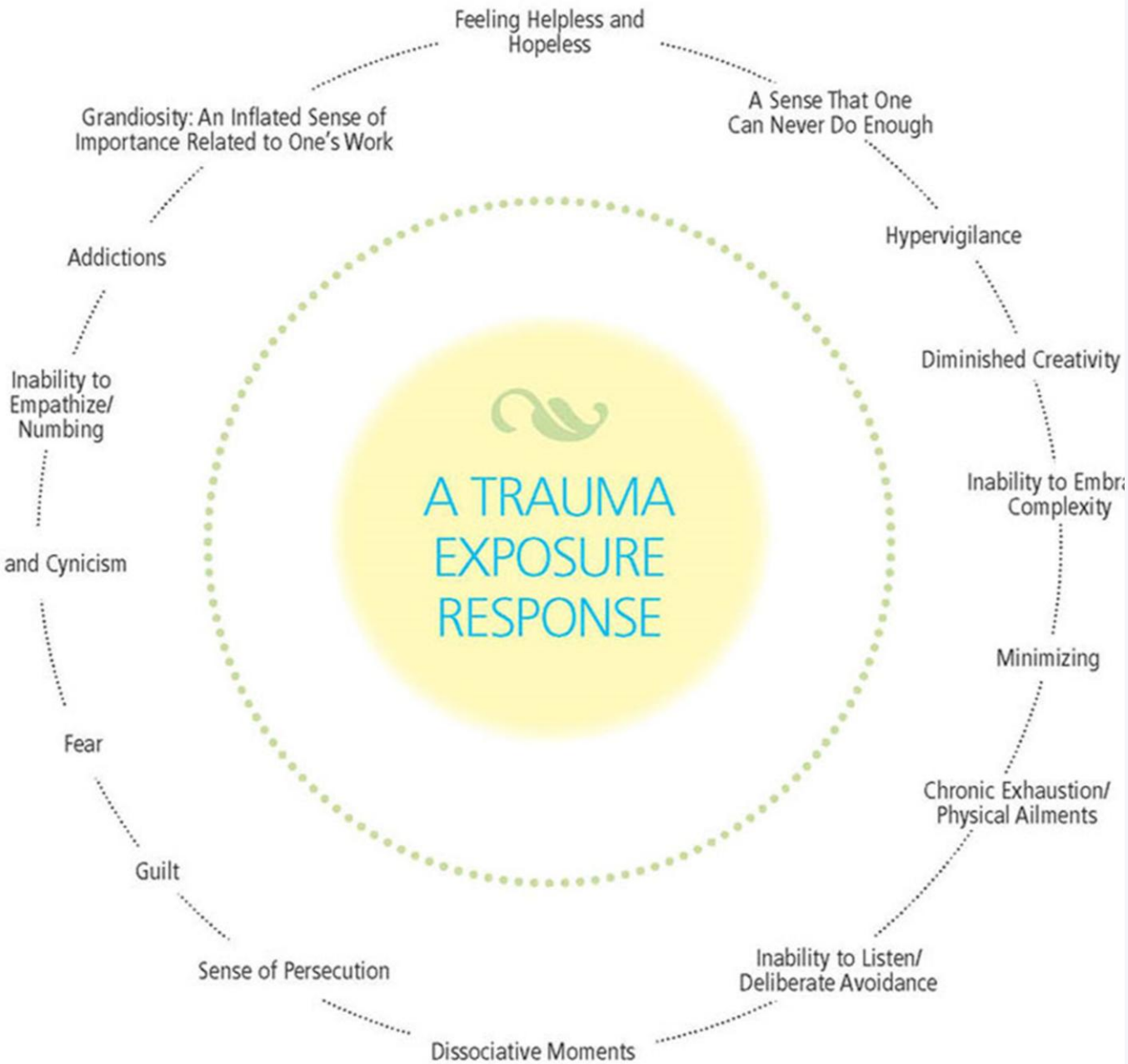
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**Imagining
Self in Pain**

**Imagining
Another in Pain**

Mirror Neurons

**What's the
impact?**



A Trauma Exposure Response

The transformation that takes place within us as a result of exposure to the suffering of other living beings or the planet



NYS-AIMH

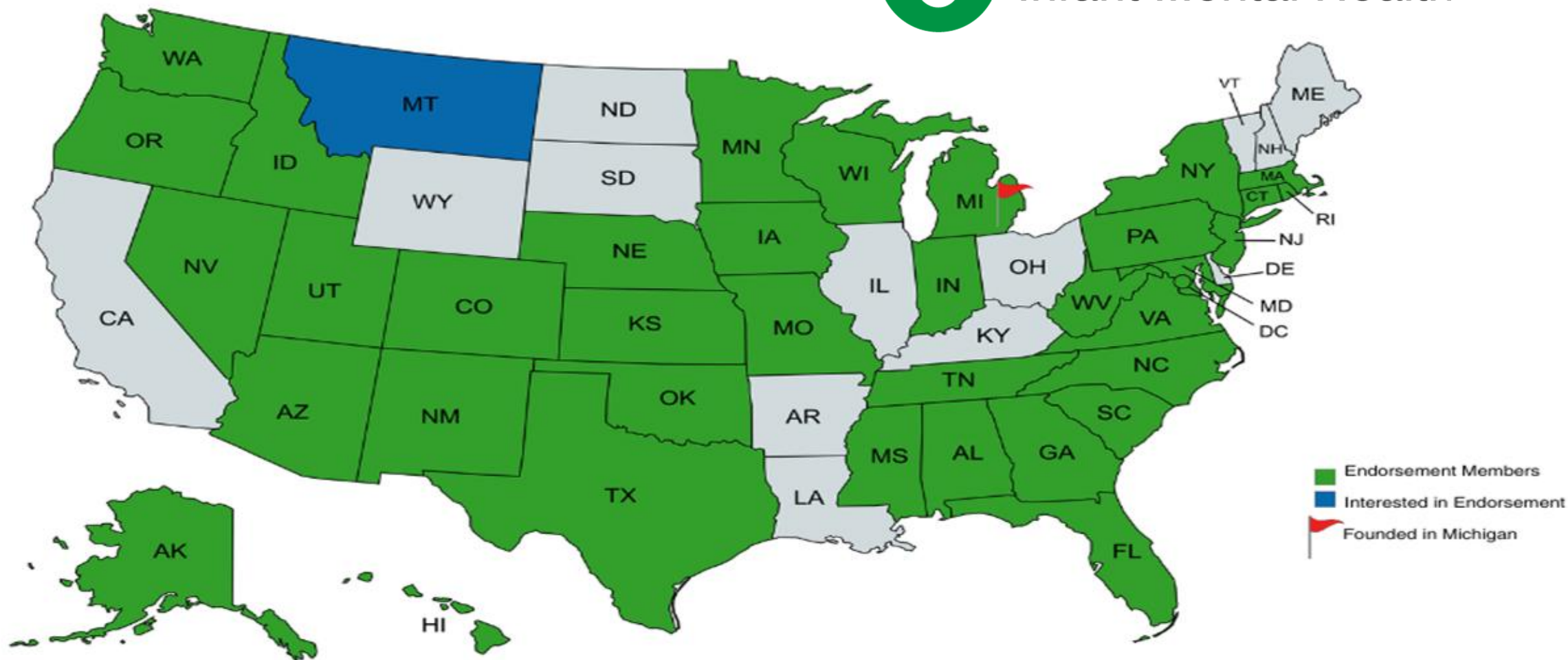
**NEW YORK STATE
ASSOCIATION FOR
INFANT MENTAL HEALTH**

What We Do

- Training
- Consultation
- Reflective
Supervision/Consultation
- Infant/Early Childhood
Mental Health
Endorsement



Alliance for the Advancement of Infant Mental Health



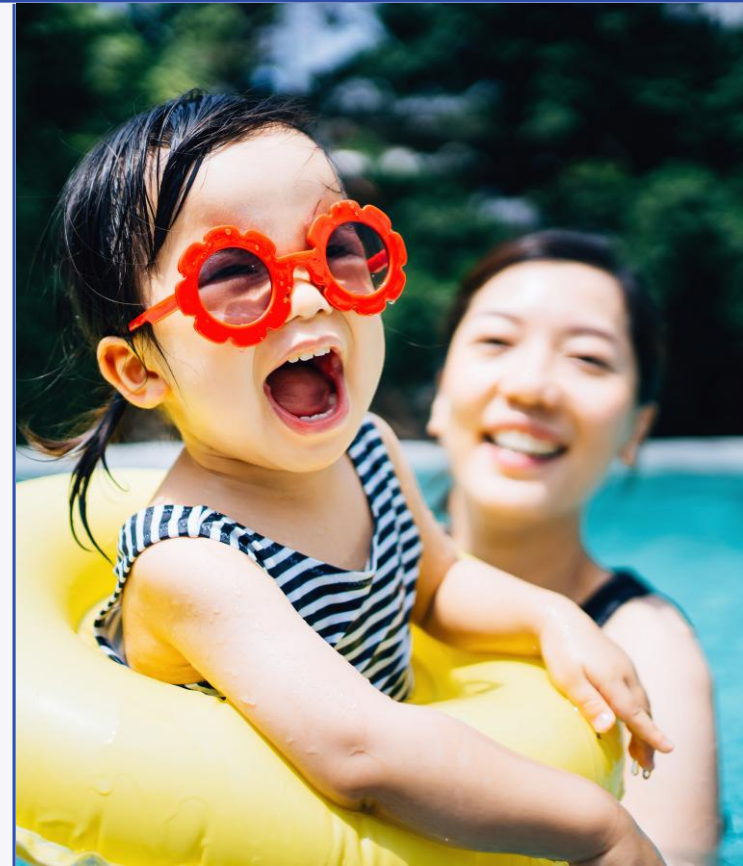
Join Our Membership

Organization and Individual Memberships

Discounted and Free Trainings

Advocacy Opportunities

Become a Board Member/Committee Member





Endorsement

Internationally recognized credential that acknowledges the specialized skills, wisdom, and competencies for professionals working with or on behalf of infants, toddlers, and families with young children.

Thank You!

www.nysaimh.org

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