



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health

Giving children roots to
grow and wings to fly.

Nevada Association for Infant and Early Childhood Mental Health Early Relational Health Bulletin April • 2025

Welcome to your Early Relational Health Bulletin

the Association's monthly snapshot of activities, updates, and information about
the early relational health of Nevada's babies and young children

What does "Infant Mental Health" even mean?

Consider our favorite definition of Infant Mental Health from our friends at Zero to Three:

Infant Mental Health is the developing capacity of a young child to form close and secure adult and peer relationships; to experience, manage, and express a full range of emotions; to explore their environment and learn; all in the context of family, community, and culture.

When you work from an Early Relational Health framework, you're an Infant Mental Health Provider! Learn more by visiting our [website](https://www.nvaiecmh.org).

Did You Know?

Neuroplasticity is the brain's ability to adapt and rewire itself based on experience. In infancy and toddlerhood, the brain is at its most plastic, forming over **one million** new neural connections every second. That's why **early intervention works** so well. The brain is primed to respond to support, practice, and nurturing relationships. The earlier we act, the easier it is to build new pathways and skills (Zero to Three).

Get Involved!

We believe in the power of community. If you have an idea - we want to hear from you! Have a favorite children's book? we want to know. Have you read a good article or learned a new Early Relational Health strategy to use with little ones? We want to hear all about it.

Send us a message at info@nvaiecmh.org

The Association is launching
a **two-part learning series**
on **Perinatal Mood and
Anxiety Disorders**. The first
two hour virtual workshop will
be on **June 13th, 2025**.

Visit our Event Calendar
to learn more and
register.

**This training is FREE for
members and \$40 for
nonmembers.**



Maternal Health has been in the news lately. Here at the Association, we recently learned that Post Partum Depression is the most common negative outcome of childbirth, affecting 1 in 7 women. We also learned that new fathers are also at risk. **Perinatal Mood and Anxiety Disorder** is highly correlated with adverse birth outcomes and is the leading cause of maternal mortality.*



* Zivin K, Courant A. Disparities in Utilization and Delivery Outcomes for Women with Perinatal Mood and Anxiety Disorders. *J Psychiatr Brain Sci.* 2024;9(2):e240003. doi:10.20900/jpbs.20240003. Epub 2024 Apr 30. PMID: 38817312; PMCID: PMC11138136.