



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

May • 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 "Early Relational Health" mean?

The Harvard Graduate School of Education has a helpful [comprehensive guide](#)

At its core, early Relational Health is the moment to moment interactions between parents and caregivers with infants and toddlers - simple activities like holding, feeding, diapering, singing, reading, playing, and just being together.

Science affirms that positive relational experiences promote healthy physical development and help avoid future health problems. The flip side is that children whose parents lack the necessary support structure to care for and nurture them can suffer long-term harm to their immune system, and health outcomes while also threatening behavioral and emotional well-being.

What is IECMH Endorsement®?

Infant/Early Childhood Mental Health Endorsement® (IECMH-E) is Nevada's internationally recognized credential that highlights and verifies that professionals have specialized training and experience in culturally responsive and relationship-based practice.

The Endorsement categories reflect the way you work with or on behalf of young children and their families. Most categories include professionals from a variety of work settings and years of experience.

Learn more [HERE](#)

Myth or Fact?

MYTH: Infants and young children can self-soothe when they are upset or dysregulated.

FACT: The developing brain of an infant does not yet have the features required for self-soothing to occur. Babies rely on co-regulation with a nurturing adult who responds consistently to their cues.



Visit our Event Calendar
to learn more and
register.

**This training is FREE for
members and \$25 for
nonmembers.**

Join us for a two part virtual learning series with **Dr. Megan Weller, MFT** where we will learn about the stress response cycle of grown ups. We will learn how to notice, respond, and soothe ourselves so we are better able to provide co-regulation and soothing for the babies we care for.

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