



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health

Giving children roots to
grow and wings to fly.

Early Relational Health Bulletin December • 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

Seedlings: An Introduction to Infant Mental Health



Curious about what Infant Mental Health really is, and what it isn't? This one-hour, introductory workshop offers a clear, welcoming overview of Infant Mental Health and the principles that guide this work. We'll explore key ideas like reflective practice, co-regulation, and the Infant Mental Health Endorsement, with space for learning and connection.

This workshop is FREE and open to everyone. Join Us:

- **Thursday, January 8, 2026 – 12:00pm PST**
- **Tuesday, January 20, 2026 – 12:00pm PST**

Together we'll build a shared understanding of Infant Mental Health and how it supports babies, families, and the professionals who serve them.

Register online: www.nvaiecmh.org

Connecting in the Cold -

Small Ways to Build Community This Winter

Relationships protect emotional health — especially during seasons that can feel heavy, busy, or isolating. Here are simple ways to stay connected:

- Invite a neighbor or colleague for a warm drink or soup night.
- Start a winter walking group, even once a week.
- Visit your local library for story time or community events.
- Mail a holiday card to someone who may feel alone.
- Offer to sit with a caregiver who needs a moment of rest.

Joy and connection are powerful antidotes to overwhelm and dread for adults and for the children who rely on us.

NOW is a great time to BECOME A MEMBER

Do you look forward to receiving the ERH Bulletin every month? If so, become a **MEMBER** of the Nevada Association for Infant and Early Childhood Mental Health to access a full range of Membership Benefits.

We created a [Google Drive folder](#) to highlight Membership Benefits and Why Infant Mental Health Matters.

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