



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health

Giving children roots to
grow and wings to fly.

AUGUST 2024 NEWS

August is upon us, bringing lots of transitions that feel exciting and scary all at once. So many of our families are starting back to school and gearing up for fall activities.

Here at the Association, we are full of reasons for gratitude as we celebrate 300 members and continue to develop all the benefits members have access to. Take a few moments to check out our collected resources in this issue that discuss breastfeeding benefits and supports, ongoing training opportunities, and a few back-to-school resources.

We hope to see you soon during a scheduled office hour to answer your questions and provide information. We are so glad you are here with us!

Jacquelyn Kleinedler, MFT, LADC
NV-AIECMH Executive Director



**IN THIS
ISSUE**
▶▶▶

National
Breastfeeding
Month

Professional
Development
Opportunities

Babies on the
Homefront
App

WWW.NVAIECMH.ORG

NATIONAL

BREASTFEEDING MONTH



On August 6, 2011, the US Breastfeeding Committee officially declared August as National Breastfeeding Month.



The Committee is a national coalition of more than 140 organizational members representing national, state, local, and community nonprofits, breastfeeding coalitions, and federal agencies working to protect, promote, and support breastfeeding and human milk feeding. Breastfeeding offers nutritional, immunologic, cognitive, and emotional benefits for both infants and mothers, contributing to Infant Early Childhood Mental Health (IECMH) and early relational health. Below are some of the 2024 events. Click the logos below to learn more.

2024 National Breastfeeding Month theme is Nourish, Sustain, Thrive.



The Nevada Statewide Maternal and Child Health Coalition works with community partners to advocate for preconception health, developmental screening, breastfeeding, physical activity, and more for mothers and children.



The Southern Nevada Breastfeeding Coalition was formed in 1992 to serve as an advocate and resource for breastfeeding families throughout Southern Nevada. The coalition also offers educational trainings and events to provide opportunities to learn more about lactation management and support.



World Breastfeeding Week was created in 1992 by the World Alliance for Breastfeeding Advocacy and is celebrated annually from August 1-7. 2024 Theme is Closing the Gap: Breastfeeding Support for All



National WIC Breastfeeding Week is the first week of August, hosted by the U.S. Department of Agriculture and celebrated in conjunction with World Breastfeeding Week to promote and support breastfeeding as the best source of nutrition for a baby.



Indigenous Milk Medicine Week was created in 2019 by the Indigenous Milk Medicine Collective and is celebrated each year from August 8-14. The 2024 Theme: Mind. Body. Milk Medicine.



Asian American, Native Hawaiian, and Pacific Islander Breastfeeding Week was created in 2021 by the Asian Pacific Islander Breastfeeding Task Force. Celebrated annually from August 15-21. Their Theme in 2024 is Bridging the Gaps



Created in 2014 by a collective of Black leaders from the breastfeeding field, they celebrate August 25-31 each year. The 2024 focus is Listen Up! Reclaiming Our Narrative & Centering Our Stories for Breastfeeding Justice



Semana de La Lactancia Latina was created in 2023 by the Union de Lideres de Lactancia Latino. Celebrated the first Tuesday following Labor Day to the following Monday each year. 2024 Theme: Reclaiming Culture Through Lactation



nvaiecmh

Nevada Association for Infant
& Early Childhood Mental Health

**PROFESSIONAL
DEVELOPMENT
OPPORTUNITIES**



DATE	PROGRAM	HOSTED BY
AUG 20	NV-AIECMH Office Hours Endorsement & Membership	NV-AIECMH
AUG 21	NV-AIECMH ECHO Exploring Perinatal Mental Health	NV-AIECMH
ONGOING DATES	Free Online IECMH Modules	Virginia Commonwealth University



CLICK HERE

Click the date column for more information and registration details for each program.



For more events & information: www.nvaiecmh.org/events



nvaiecmh

Nevada Association for Infant & Early Childhood Mental Health

PROFESSIONAL DEVELOPMENT OPPORTUNITIES



DATE	PROGRAM	HOSTED BY
SEPT 3	NV-AIECMH ECHO Parenting While Greiving	NV-AIECMH
SEPT 9	NV-AIECMH Office Hours Endorsement & Membership	NV-AIECMH
SEPT 18	NV-AIECMH ECHO Cultural Considerations when Working with Families	NV-AIECMH
SEPT 25	NV-AIECMH Office Hours Endorsement & Membership	NV-AIECMH
SEPT 26-29	The Inaugural Las Vegas Children's Mental Wellness Symposium	Las Vegas Play Therapy



CLICK HERE

Click the date column for more information and registration details for each program.

For more events & information: www.nvaiecmh.org/events

IECMH ECHO SESSIONS: SEPTEMBER 2024



REGISTER HERE

Helpful Tip 1:

Before you register, we encourage you to review the iECHO Tip Sheet on the next 2 pages.

Helpful Tip 2:

The link to join the ECHO session will be delivered to your inbox 30 minutes before the session start time. We recommend that you create a meeting block in your calendar as a reminder.

Questions?

Kate Keese
kkeese@alliedbehavior.com

Tracey Tapiz
ttapiz@nvaiecmh.org

**All teach.
All learn.**

All NV-AIECMH members including therapists, educators, policy makers, home visitors, pediatricians, pediatric nurses are invited to attend. These ECHO learning sessions are available to members only.

Tues. Sept. 3	11:00 am PST	Parenting While Grieving
----------------------	---------------------	---------------------------------

Join us for an insightful session on what it means to continue parenting while experiencing grief. How do we provide stability and comfort to our children when we ourselves don't feel stable or comfortable? Grieving while parenting can be confusing; experiencing joy and pain simultaneously can be overwhelming. In this session, we will explore modeling a range of feelings for ourselves and our children and we will identify tools and resources for honoring grief for the whole family. Discover strategies to navigate challenging grief journeys with empathy, understanding, and resilience.

Wed. Sept. 18	12:00 pm PST	Cultural Considerations When Working with Families
----------------------	---------------------	---

Join us as Jennifer Hines talks about the importance of cultural competence in working with and connecting to the families we serve. We will explore the meaning of cultural competency, what skills help us to reach cultural competency, and what strategies to use when working with the communities we serve. We will also talk about how to begin implementing cultural competency and DEIB into strengthening our employees and teams.

Each session aligns with the IECMH Competencies and may be used toward Endorsement application or renewal.



nvaiecmh
Nevada Association for Infant & Early Childhood Mental Health

Giving children roots to grow and wings to fly.

Learn more at: www.nvaiecmh.org/events



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health



REGISTRATION TIPS: iECHO

- 1 Click REGISTER HERE for iECHO [tip: select Continue with Email]
- 2 Create New Account
- 3 Enter Personal Details & Confirm Email
- 4 Search for NV-AIECMH ECHO
- 5 Click REGISTER NOW
- 6 You will be prompted to enter more information before you attend a session for the first time
- 7 Once you are registered in iECHO, you may attend *any & all* upcoming NV-AIECMH iECHO sessions
- 8 Review the SCHEDULE often
- 9 Mark your calendar to join us each month:
 - First Tuesday of each month @ 11am PST
 - Third Wednesday of each month @ 12noon PST

! iECHO Tech Support:



NV-AIECMH will host 1:1 support sessions for those seeking support with iECHO registration. Members may drop-in **September 3rd @ 10:00-10:45am PST** via Zoom. [CLICK HERE TO JOIN.](#)

IECMH COMPETENCIES IN ACTION

The Infant and Early Childhood Mental Health (IECMH) competency guidelines detail the essential skills and knowledge professionals use to promote the social, emotional, and relational wellbeing of infants, toddlers, young children and their families.

This month, let's explore **Observation & Listening** as the IECMH Competency in Action. Nevada professionals can remain curious while they observe the interactions between a parent or primary caregiver and their little one(s) to understand the nature of their relationship, culture, developmental strengths, and capacities for change. Nevada professionals demonstrate this in the following ways:

- **Assessing Responsiveness to Cues.** During a home visit or in a clinical setting, IECMH-informed professionals carefully observe how the caregiver responds to the child's cues, such as crying, reaching out, or making eye contact. They might notice whether the caregiver is attuned to the child's needs and provides comfort promptly or if there are signs of stress or difficulty in interpreting the child's signals. This observation helps us understand the quality of the caregiver-child attachment and responsiveness.



- **Understanding Cultural Contexts.** IECMH professionals are curious about the cultural practices that influence the caregiver's approach to parenting. They observe how cultural beliefs shape the way a caregiver interacts with their child, such as practices around feeding, sleeping, or discipline. By recognizing and respecting these cultural differences, they can better understand the caregiver-child relationship and provide culturally sensitive support.



- **Identifying Developmental Strengths.** During playtime observation, IECMH professionals might notice the child's developmental milestones, such as motor skills, language development, or social interactions. They might observe how a parent or caregiver encourages a toddler to explore their environment, demonstrating the caregiver's role in fostering the child's developmental strengths and sense of autonomy.



- **Evaluating Emotional Regulation.** Observing how the parent/caregiver manages their own emotions in response to the child's behavior provides insights into the caregiver's emotional regulation and its impact on the child. If a child becomes frustrated or upset, IECMH professionals observe how the caregiver remains calm and supportive, or how the caregiver's stress might escalate the situation.



INFANT/EARLY CHILDHOOD MENTAL HEALTH ENDORSEMENT®

IECMH Endorsement® is an internationally-recognized credential that highlights and verifies that professionals have specialized training and experience in culturally responsive and relationship-based practice.

The Endorsement categories are defined by the way you work with or on behalf of the IECMH population. Most categories include professionals from a variety of work settings, and each scope of practice consists of people newer to the field, people who have a lifetime of experience, and people who are leaders in the field.

This month, we highlight the **Mental Health Mentor - Research/Faculty** Endorsement. To learn more about all categories, join us at **Office Hours** - free and online. Dates and details available at www.nvaiecmh.org/events.



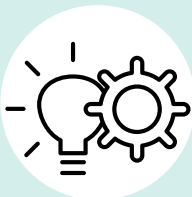
PROMOTION



PREVENTION



CLINICAL INTERVENTION



LEADERSHIP: RESEARCH/FACULTY



REFLECTIVE SUPERVISION / CONSULTATION

SCOPE OF WORK

By translating research into action, these professionals help bridge the gap between theory and practice by publishing groundbreaking research, developing innovative curricula, or guiding community-based programs.

WHO DOES THIS WORK?

University Professors
Program Evaluators
Clinical Internship Supervisor
Director of Research Center

IECMH IN ACTION

Mental Health Mentors in Research/Faculty contribute to the growing body of evidence that informs best practices in the IECMH field. They educate the next generation of IECMH professionals, ensuring that students, clinicians, and systems leaders are well-equipped with the latest insights and knowledge. These mentors do more than just teach—they are actively involved in shaping the programs and systems that support young children and families.

ENDORSEMENT CATEGORY

Mental Health Mentor - Research/Faculty

WHAT WE'RE READING

Butterflies on the First Day of School

by Annie Silvestro

Rosie can't wait to start kindergarten—she's had her pencils sharpened and her backpack ready for weeks. But suddenly, on the night before the big day, her tummy hurts. Rosie's mom reassures her that it's just butterflies in her belly, and she'll feel better soon. Much to Rosie's surprise, when she says hello to a new friend on the bus, a butterfly flies out of her mouth! As the day goes on, Rosie frees all her butterflies, and even helps another shy student let go of hers, too.



FOR READING TOGETHER

Ready, Set, It's Time for School: An Easy Morning Routine

by Teneil Brown

Getting ready for school can be easy! Each time you read together, your little ones will find joy in the simple, familiar routine. Watch their anxiety melt away as they learn what to expect each morning. The illustrations and fun-filled rhymes within this book ease the transition from home to school.

SCIENCE SAYS...

Persistent Fear and Anxiety Can Affect Young Children's Learning and Development

Source: Center on the Developing Child - Harvard University

Science shows that early exposure to circumstances that produce persistent fear and chronic anxiety can have lifelong consequences by disrupting the developing architecture of the brain. Young children who perceive the world as a threatening place, can have a wide range of conditions which trigger anxious behaviors that then impair their ability to learn and to interact socially with others.

Read the full report at: <https://harvardcenter.wpenginpowered.com/wp-content/uploads/2010/05/Persistent-Fear-and-Anxiety-Can-Affect-Young-Childrens-Learning-and-Development.pdf>



BABIES ON THE HOMEFRONT™ APP

To support military families on the move, ZERO TO THREE, the leading nonprofit dedicated to ensuring babies and toddlers have a strong start in life, has launched its **Babies on the Homefront™ 2.0 mobile app**. The app is designed to support the critical connections between babies, toddlers and their parents to help military families and veterans thrive and succeed no matter where their work takes them.

Sponsored by USAA, Babies on the Homefront is a dynamic, immersive experience that demonstrates the importance relationships have in giving infants and toddlers a strong start in life.

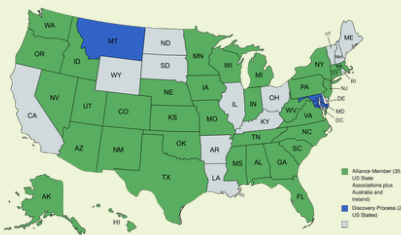
The app's features include:

- a secure, private messaging system
- a shared private media gallery to upload and share photos and videos to create a visual story of the important transitions in family life
- a space to send emojis, including kisses, hugs and high-fives to little ones
- a “return date” countdown
- an extensive library of tips and strategies that includes information on fun activities, self-care, and child development

Learn more at <https://babiesonthehomefront.org>



ABOUT NV-AIECMH



NV-AIECMH is the only statewide professional association that supports, trains, and connects the cross-system workforce that supports and promotes the healthy social emotional development of Nevada's children from the prenatal period through age six.



Alliance for the Advancement of
Infant Mental Health

Nevada is one of **35** state associations in the U.S. to provide the Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant & Early Childhood Mental Health®. Each association is a member of the Alliance for the Advancement of Infant Mental Health. Learn more about the Alliance [HERE](#).