



## MARCH 2025 MEMBERS NEWSLETTER

The springtime is a season of hope and new beginnings as we watch plants and animals around us unfurl from the winter season.

Here at the Association, we are experiencing our own sort of beginning as, with sadness, we are saying goodbye to our Engagement Coordinator, Tracey. Tracey has been a critical member of our team since the Association began welcoming new members in January of 2024. She has been the creative touch to our newsletters and the person who keeps our membership software in good working order. So much of her work in this past year has been behind the scenes in those ways, but she has also connected with many of you to welcome you to the Association with warmth and joy. As we transition to a more flexible business model, we are grateful for our members, our committees, our contractors, our Board of Directors, and the many, many partner agencies we collaborate with.

This month's newsletter celebrates Women in History and highlights the Competency Guideline area of expertise of Communication. We have created an organizational membership option that is available now. So be sure to check out that section of this month's newsletter and contact us to learn more.

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## (welcome note continued)

We are also digging into what it means to be members of our community. Some activities we can engage in to connect deeply with others include

- invite acquaintances who you want to become friends with over for dinner – even if your space is small or ‘imperfect’.
- find out if a school near you needs tutors or other volunteer support, even if it is just 20 minutes one day a week before or after work.
- look for or start an inclusive walking group in your neighborhood and post a flyer with meet up dates and times.
- mail a handwritten letter to someone in your life who you suspect might feel lonely.
- mail a letter or postcard of congratulations to someone in your life who just accomplished something.
- start going to your local library and check 2 things out, return, and repeat.
- go to a city council meeting or school board meeting just to listen to current events around you.
- offer to pet sit for someone.
- offer to babysit for someone.
- invite someone over to play cards or a board game for an hour or two.
- sign up and attend community center or cooperative extension classes (many are free!)
- learn the name of your post person or regular deliver person (just ask!) and then remember to say hi when you see them next.
- and finally, your congressional representatives want to hear from you. Mail letters, make phone calls, and send emails. 5calls.org makes this a very easy activity to do.

*@latenightsecondhand*

Hope is not passive. Hope is an action. Take care of each other.

Jacquelyn Kleinedler, MFT, LADC  
NV-AIECMH Executive Director

# CELEBRATIONS & HAPPENINGS

## MARCH

### Women's History Month



A celebration of women's contributions to history, culture and society has been observed annually in the month of March in the United States since 1987. The 2025 theme, "Moving Forward Together," celebrates "Women Educating and Inspiring Generations." This theme celebrates the collective strength, equality, and influence of women who have dedicated their lives to education, mentorship, and leadership, shaping the minds and futures of all generations.

Here are some of the diverse, famous women in history:

#### **Anne Frank** - Germany, born 1929 – died 1945

Anne Frank and her Jewish family, along with four other people, hid in a secret annex throughout World War II until their discovery in 1944 led to their deportation to concentration camps. During this time, Anne, at 12 years old, maintained a journal that her father, the sole survivor of the Frank family, later published. The Diary of Anne Frank is a symbol of hope, love, and resilience amid one of history's darkest times. Learn more [here](#).

#### **Shirley Chisholm** - United States, born 1924 – died 2005

Shirley Chisholm became the second Black person to serve in the New York State Legislature. But "Fighting Shirley" also accomplished a lot of "firsts" in her career. Just four years after her service in the legislature, she became the first Black woman to serve in Congress. She went on to become the first Black person and the first woman to run for president of the United States. She was also the first Black woman to serve on the House Rules Committee and even co-founded the National Women's Political Caucus. Learn more [here](#).

#### **Sarah Storey** - United Kingdom, born 1977

After being born without a functioning left hand, Sarah Storey faced a lot of bullying and prejudice growing up. She didn't let that stop her. Instead, she went on to become Britain's most decorated Paralympian, earning 27 medals, including 17 gold medals, in cycling and swimming. Learn more [here](#).

#### **Sally Ride** - United States, born 1951 – died 2012

After flying on the Challenger in 1983, Sally Ride became the first American woman to travel to space. She encouraged women and girls to pursue STEM careers, serving as director of the California Space Science Institute, writing children's books, and collaborating with science programs. Learn more [here](#).



## FOCUS ON MEMBERSHIP BENEFITS

With your Association membership, you always have access to the Infant and Early Childhood Mental Health Competency Guidelines®. These Guidelines can give you ideas about where to concentrate on expanding your knowledge and skills. Also included in your membership is the registration fee for I/ECMH Endorsement® (processing has a separate cost). Be sure to log in to the Info Hub (from our homepage) to learn more.

## COMPETENCY GUIDELINES SPOTLIGHT

The Infant and Early Childhood Mental Health (IECMH) Competency Guidelines are designed to guide and inform a professional's way of thinking, doing, and being with infants, young children, and their families. There are 8 areas of expertise:

- Theoretical foundations
- Laws, regulation, and agency policy
- Systems expertise
- Direct service skills
- Working with others
- Communicating
- Thinking
- Reflection

This month's focus is **Communicating**.

An expertise in communicating is essential for infant and early childhood professionals as it builds trust, ensures clear understanding, engages families, facilitates collaboration, supports advocacy, and provides emotional support. These skills are crucial for effective intervention and overall infant, child and family well-being.

(MI-AIMH Copyright© 2024)

Competency Areas:

- Listening
- Speaking
- Writing
- Group Process

**MEMBERS ONLY ACCESS  
COMPETENCY GUIDELINES**

[CLICK HERE >](#)



# Employers Should Invest in NV-AIECMH Membership



### Elevate Staff Skills and Knowledge

- Competency Based Professional Development Pathway to IECMH Endorsement



### Strengthen Organizational Capacity and Service Quality

- Reflective practice builds resilience Frameworks for ethical, effective, relationship-focused



### Enhance Employee Retention and Job Satisfaction

- Investment in Employee Growth Workplace Well-being through reflective practice/supervision



### Connect to a Broader Professional Network

- Opportunities for Collaboration and Advocacy
- Access to Resources



### Build the Organization's Reputation and Impact

- Commitment to Excellence Community Trust

## Organization Memberships are now available!

The Association can help your organization budget for membership in the next fiscal year. We can also provide grant language if you are applying for funding to support your staff. Email us at [info@nvaiecmh.org](mailto:info@nvaiecmh.org) for more info.

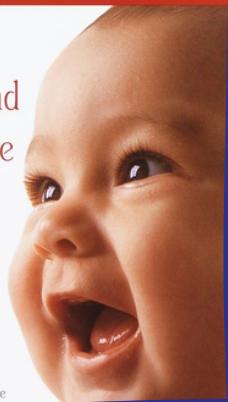
## WHAT WE'RE READING

### What's Going on in There?: How the Brain and Mind Develop in the First Five Years of Life by Lise Eliot

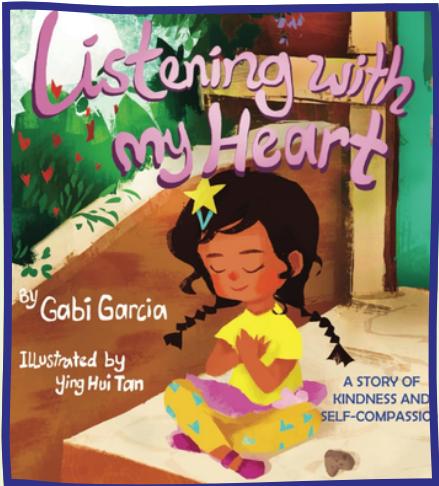
A lively and thought-provoking book that charts the brain's development from conception through the critical first five years. In examining the many factors that play crucial roles in that process, *What's Going On in There?* explores the evolution of the senses, motor skills, social and emotional behaviors, and mental functions such as attention, language, memory, reasoning, and intelligence.

### WHAT'S GOING ON IN THERE?

How the  
Brain and Mind  
Develop in the  
First Five  
Years of Life



"This is an excellent book for parents—easily understandable."



## FOR READING TOGETHER

### Listening with my Heart by Gabi Garcia

When Esperanza finds a heart-shaped rock, she sees it as a reminder to spread kindness and love in the world. But when the school play doesn't go as planned, will she remember to show kindness to herself? *Listening with My Heart* reminds kids of the other golden rule-- to treat themselves with the same understanding and kindness they show others. It also touches on the universal themes of friendship and inclusion.

## RESEARCH SAYS...

### The undertold story: A leadership program to expand recognition of the importance of early childhood experiences

Source: Infant Mental Health Journal

Data documenting the importance of early experiences for healthy human development is accepted amongst mental health clinicians, developmental researchers and early childhood policymakers, but this information is not well known by much of the public. This article describes a specialized program designed for established and emerging leaders in Louisiana, to help them become better informed to take action to support young children and their families and to facilitate connections across sectors for greater impact.

Learn more in the full article from Infant Mental Health Journal [here](#)





## JOIN a Reflective Consultation Group



### How does this work?

- Reflective Supervision/Consultation (RSC) is a **practice tool** for all professionals working with babies, young children, and their families
- RSC provides a **regular opportunity** (twice/month) for professionals to talk about their work and **the impact of their work** on themselves and others in a confidential small group
- RSC is **intentionally linked** to the provision of **high-quality services** to families and is considered a best practice

Complete the RSC Interest form:  
<https://forms.office.com/r/a2RxuBytgr>  
or email us at [info@nvaiecmh.org](mailto:info@nvaiecmh.org).

one

two

three

four

five

We will organize you into a 3 to 5 person group with one of our Reflective Supervisors.

We will introduce your group and make sure all contracts are signed.

We will collect your payment each quarter and pay your Supervisor routinely.\*

Meet with your group 1-2 times per month with the option to renew your plan annually.

\*Cost determined by group size and frequency: \$40-\$75 per group

### What does research say?

Increase Skills

RSC improves observation and listening skills, supports greater empathy for client experiences, and helps professionals focus on relationship-based interventions (Barron et al., 2022; Meuwissen et al., 2022; Shea et al., 2022).

Honor Human Dignity

RSC offers space for brave conversations about power, privilege, and systemic racism that strengthen outcomes and our workforce (Stroud, 2010; Wilson et al., 2021).

Client Retention

A professional's participation in RSC is linked to increased engagement and retention of young children and families in programs and services (McGuigan et al., 2003).

Self Reflect

Engagement in RSC promotes self-reflection, which can help professionals manage emotions and use more intentional responses in their work (Meuwissen & Watson, 2022).

Decrease Burnout

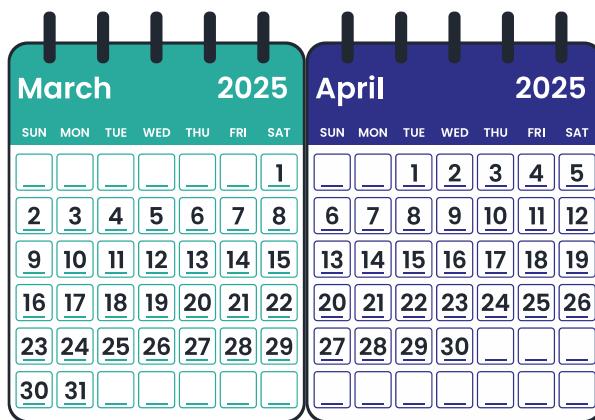
RSC decreases burnout by increasing positive energy, which can sustain a professional's ability to engage in emotionally taxing work over time (Harrison 2016; Meuwissen et al., 2022).



**nvaiecmh**  
Nevada Association for Infant & Early Childhood Mental Health



## PROFESSIONAL DEVELOPMENT OPPORTUNITIES



DATE	PROGRAM	HOSTED BY
MAR 28	Reflective Journey Part 3: Reflections in Reflective	Alliance for the Advancement of Infant Mental Health
MAR 28	Understanding the Impact of Trauma on the Developing Child	Start Well Infant/Early Childhood Mental Health Consultation
APR 18	Growing in Reflection	Alliance for the Advancement of Infant Mental Health
APR 23	Workshop: 4 Little Words	Alliance for the Advancement of Infant Mental Health
RECORDED WEBINAR	Supporting Early Childhood Brain Development and Executive Function Skills through Relationship-Focused Play	Michigan Association for Infant Mental Health
RECORDED WEBINAR	RSC for IECHM Providers in Early Care and Education Settings	Michigan Association for Infant Mental Health
ONGOING	Free Online IECHM Modules	Virginia Commonwealth University
<u>MEMBERSHIP BENEFIT!</u>	AIMHs Competency-Informed Training Hub	Alliance for the Advancement of Infant Mental Health

**CLICK HERE**



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



## TRAINING RESOURCE

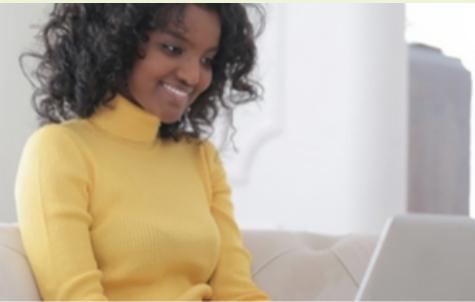
Michigan Association MI-AIMH RELATE training library is available to our members. Be sure to browse their training library and check back often as they create and make available additional trainings. Like NV-AIECMH, the Michigan Association for Infant Mental Health anchors their training in Infant Mental Health Competency Guidelines.

<https://www.pathlms.com/mi-aimh>

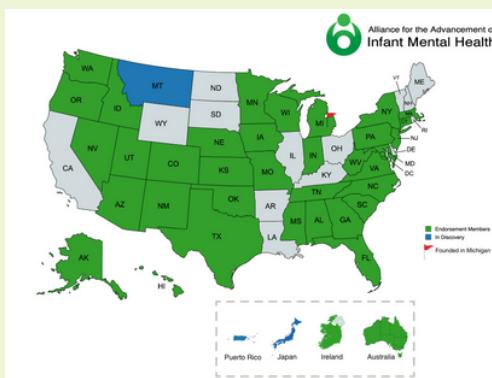
## MI-AIMH RELATE

RESOURCES • EDUCATION • LEARNING • ACCESS • TRAINING • EVENTS

 Michigan Association for Infant Mental Health  
Learning and growing together.



## 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.

Nevada is one of 36 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](#).