



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health

Giving children roots to
grow and wings to fly.

APRIL 2025 MEMBERS NEWSLETTER



Spring has arrived! Here at the Association we are leaning in to opportunities for rest and finding reasons for joy this April. As the days get longer and the weather gets warmer, we are stocking up on tissue and allergy meds and heading outdoors. Our children thrive in the outdoors too. Make sure they have access to plenty of shade, sunblock, and fluids and head outdoors.

April is **Autism Acceptance Month**. The United States Secretary of Health and Human Services made headlines this month when he promised the cause of autism would be determined by September. Be ready. **Science** doesn't work this way. When we make sure we learn from reliable sources, we are better armed to interpret messages that aren't exactly the truth.

We love comments made by a few friends that have knowledge and experience with autism. They have shared that we don't "treat autism" because autism is an illness. We treat anxiety and co occurring executive functioning deficits. We also help those who love a child with autism learn about their young child and find effective strategies for living and thriving that work for them. Ah, we love a good relationship focus!

Take care of each other,

IN THIS
ISSUE
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Something
Special

Professional
Development

Reflective
Consultation

One more
thing

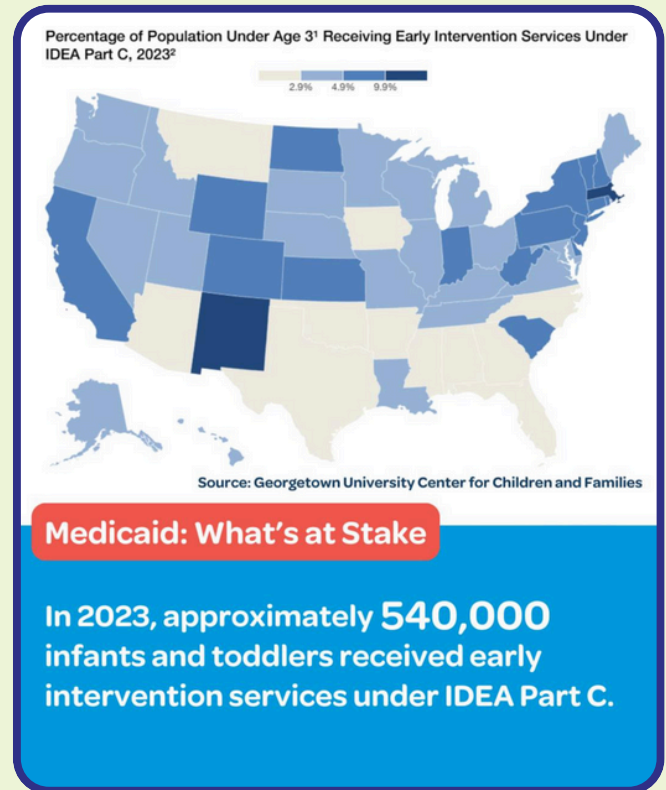
WWW.NVAIECMH.ORG



SOMETHING SPECIAL ABOUT INFANTS

Earlier this month, our friends at Zero to Three made an important and incredibly informative post on Threads highlighting the fact that **“Early Intervention works.”** IDEA Part C allows states to serve infants and toddlers at risk of developmental delays due to medical conditions (like low birth weight) or environmental factors (like poverty or maltreatment).

••• Medicaid is a key source of funding for IDEA Part C. The two programs work together to deliver early support for infants and toddlers with developmental delays. •••



Zero to Three Early Intervention

BY THE NUMBERS

- Approximately 1 in 6 children in the United States has a developmental delay, disorder, or disability, but fewer than half are identified before starting school.
- Nationally, about 7% of US children under age 3 receive Early Intervention services under Part C.
- The National Early Intervention Longitudinal Study found that 42% of young children served did not need special education by the time they reached kindergarten as a result of EI services.
- A recent analysis of six states also found that between 760-3,000 children receiving Early Intervention services through Part C per state were able to discontinue special education services at age 3, saving up to \$68 million dollars in a year.

Early Intervention has **GREAT**
Return on Investment

SOMETHING SPECIAL FOR THE YOUNG CHILD



Last year **Child Mind Institute** launched an Emmy-nominated video series to make important mental health skills available to preschool children (age 3 to 5). The Institute's reason for developing the videos is closely aligned with our Early Childhood Mental Health Framework as they explain,

- 20% of children have a mental health or learning disorder,
- All children face difficult challenges as they grow up, and
- Learning basic age-appropriate mental health skills at a young age has been proven to help kids thrive.

Video topics include:



Using Your Words:

Kids will learn to use words to say what they need and feel, solve problems, and connect with people.



Understanding Feelings:

Kids will learn to name and accept all feelings while finding healthy ways to deal with them.



Having Big Feelings:

Kids will learn how to notice when big feelings happen and how to deal with them, improving self-awareness and decision-making.



Being Brave:

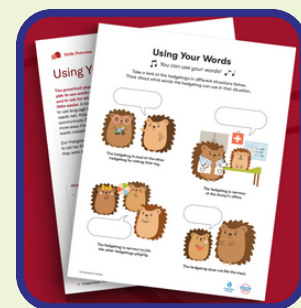
Kids will learn how to face situations that make them feel nervous or scared.



Being a Good Friend:

Kids will learn how skills like listening, sharing, and taking turns can help build strong friendships.

This **FREE** 5 part video series is anchored by mental health research and includes downloadable print materials that parents and educators can use with their little ones to practice the skills they learn.



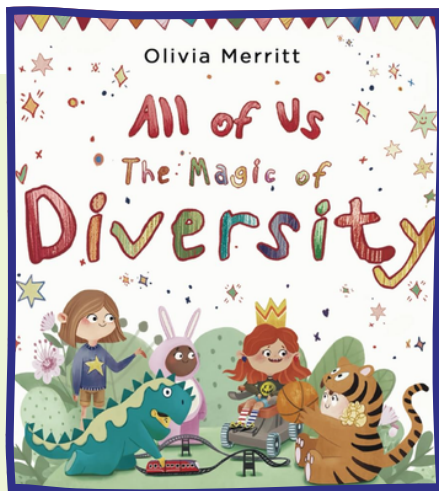
Learn more and access
this incredible resource at
[https://childmind.org/heal
thymindsprek/](https://childmind.org/heal-thymindsprek/)

WHAT WE'RE READING

Ten Things Every Child with Autism Wishes You Knew

by Ellen Notbohm

A child's voice leads into each chapter, offering a one-of-a-kind exploration into how ten core characteristics of autism affect our children's perceptions and reactions to the surrounding physical, sensory, and social environments. This revised and updated third edition sharpens the focus on these basic aspects while expanding on how our own perspectives shape the life of our child and ourselves, today, tomorrow, and for years to come.



FOR READING TOGETHER

All of Us: The Magic of Diversity - Social Emotional Picture Book for Kids About Kindness, Empathy, Inclusion, Acceptance, and Making Friends by Olivia Merritt

Two brothers set out on an unforgettable adventure where they discover the true value of kindness, empathy, and acceptance. As they explore the vibrant world around them, they learn how important it is to celebrate differences and make new friends.

RESEARCH SAYS...

Searching for Critical Periods of Development

A new longitudinal study is underway to understand how and when very young children (from the age of six months to five years) develop abilities that enable them to focus and learn. Scientists already know these skills are critical - but they don't yet know at what point they are established in an infant's brain.

Hundreds of children's development is being tracked as they form the key skills that will shape their academic and social abilities. In a unique twist, the children are the offspring of the subjects of the famous 35 year old "**Children of the 90s**" project. A lifetime of data is being gathered that could reveal links between the brain development of the children being studied now and the health, experiences, and genetics of their parents. For a study of child development, already having all this rich information about the parents is "completely unique in the world," lead researcher Dr Karla Holmboe says.



Source: BBC News

GET INVOLVED



We believe in the power of community. We are always looking for ways to strengthen the community of Infant and Early Childhood providers in Nevada. If you have an idea - we want to hear from you. If you have a favorite Children's Book - we want to know. Have you read an interesting article or learned a new Infant Mental Health strategy?

We want to hear all about it.



What are you reading now?
What is your favorite book for
babies under 3? For children
under 6?

Send us a message at
info@nvaiecmh.org
or better yet, share a photo by
text to **775-682-1316**



The Association is accepting
applications for Board
Members!

If you or someone you know is
interested in serving, email our
Executive Director at
jkleinedler@nvaiecmh.org



We want to hear from you!
What are you interested in
learning next? Send us your
ideas and we will do our best to
facilitate a training or
workshop.

send us a message at
info@nvaiecmh.org

COMING SOON

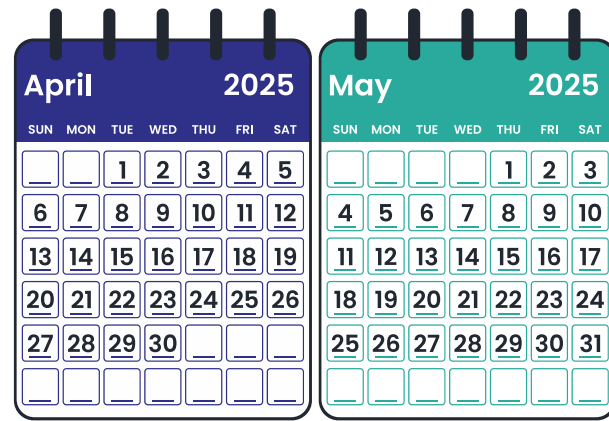
This month and next month we are busy transitioning to a new software for members. We will take care of all the details and you'll hear from us when it is time to create a new login. We are excited for these updates and our ability to serve you better.


You will have access to the original Info Hub until May 5th. Your access to your Endorsement Application is the same. If you don't have an application in progress yet, click [here](#) to start yours!



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PROFESSIONAL DEVELOPMENT OPPORTUNITIES



DATE	PROGRAM	HOSTED BY
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
MAY 1-2	Washoe County Prevention Conference	Join Together Northern Nevada
MAY 7	Community of Practice: BIPOC Providers of RSC	Alliance for the Advancement of Infant Mental Health
MAY 21	Introduction to Toxic Stress and Infant Brain Development	 NV-AIECMH
MAY 23	Endorsement: Capturing Your Expertise and Advancing Your Impact	Alliance for the Advancement of Infant Mental Health
RECORDED WEBINAR	Developing Regulation Through Relationships	Michigan Association for Infant Mental Health
RECORDED WEBINAR	RSC for IECMH Providers in Early Care and Education Settings	Michigan Association for Infant Mental Health

• Click the program title for information and registration details for each activity •

NV-AIECMH

Reflective Consultation and Practice

What is RSC?

- Reflective Consultation, sometimes referred to as “RSC”, is a **practice tool** for all professionals working with babies, young children, and their families.
- Consultation provides a **regular opportunity** for professionals to talk about their work and **the impact of their work** on themselves and others in a confidential small group setting.

What are the Benefits?

- Fostering critical **self-awareness** and the ability to consider **multiple perspectives**, all of which enhance an organization’s implementation of a relationship-based culture (AAIMH, 2023).
- **Intentionally linked** to the provision of **high-quality services** to families and is considered a “best practice.”

What does Research Say?

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

Why does it Matter?

- A professional’s participation in Reflective Consultation is linked to **increased engagement and retention** of young children and families in programs and services (Mcguigan et al., 2003).
- Reflective Consultation **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).



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JOIN an RSC Group

- 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 setting.
- RSC fosters critical **self-awareness** and the ability to consider **multiple perspectives**, all of which enhance an organization's implementation of a relationship-based culture (AAIMH, 2023).
- RSC is **intentionally linked** to the provision of **high-quality services** to families and is considered a "best practice."

How does this work?

Complete the RSC Interest form by scanning the QR code or email us at info@nvaiecmh.org.

ONE

TWO

THREE

FOUR

FIVE

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

We will introduce your group and make sure agreements are signed.

We will collect your payment each quarter and pay your Supervisor on a schedule.*

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

forms.office.com/r/WKtKTVmTK9



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.



TRAINING RESOURCE

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

ABOUT NV-AIECMH

