



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

Giving children roots to  
grow and wings to fly.

## MAY 2025 MEMBERS NEWSLETTER

Spring is in full swing at the Association and we are eagerly welcoming back our flowering plants and gardens. This month, we worked hard to condense lots of useful information into fewer pages so you can more easily access all we have to share. In celebration of Mental Health Awareness, Jewish American Heritage, and AAPI Heritage Month, we added a few more books to read together. We love knowing that reading to a young child is a great way to strengthen attunement and connection.

Now seems like a good time to remember that when faced with forces that seem determined to dysregulate and paralyze us, we can lean in to co-regulation and connection with our closest humans.

Rest is a form of resistance training so your challenge this month is to seek time in a quiet space and breathe deeply. Take care,

## REFLECTIVE CONSULTATION

We are now organizing **FREE** Reflective Supervision and Consultation groups for Nevada's Reflective Supervisors. You will be able to access **15 hours** of RSC in a 12 month period in exchange for offering 15 hours to others.

Open to Members who are IECMH-Endorsed® or working on Endorsement (i.e., have an active application underway).

Scan the QR code to **complete your application** or send us an email at [info@nvaiecmh.org](mailto:info@nvaiecmh.org).

### Pay-It-Forward RSC



<https://forms.office.com/r/tnjkrFuCX0>

**IN THIS**  
**ISSUE**  
➤➤➤➤➤

**Read  
Together!**

**Something  
Special**

**Professional  
Development**

**Get  
Involved**

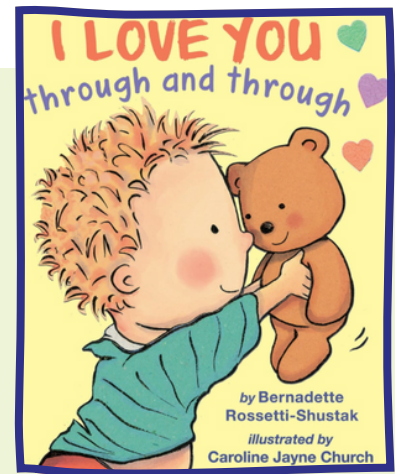
[WWW.NVAIECMH.ORG](http://WWW.NVAIECMH.ORG)

# FOR READING TOGETHER

## **I Love You Through and Through**

by Bernadette Rossetti-Shustak  
illustrated by Carline Jayne Church

We love this board book for the very littlest reader because it talks about emotions. Children hear the message that their parents or caregivers love all parts of them including their emotional sides, like mad and sad. This is a great book to turn to for reassurance over and over again.



## **Wild Greens, Beautiful Girl**

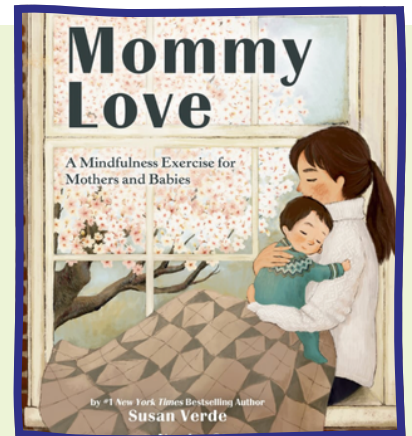
by Erika Lee Schlaikjer  
illustrated by Cinyee Chin

On the eastern plains of Taiwan, a young girl and her mother pick wild greens before a rainstorm drenches them and their garden. When she goes to pull at the roots of a spiky, stalky weed, she learns that the plant is not what it seems. A lyrical story that shows young readers how to appreciate the bounty of nature and the beauty of identity.

## **Mommy Love**

by Susan Verde  
illustrated by Naoko Stoop

As mother and child read Mommy Love, the text provides the reader with the prompts of a mindfulness exercise. Mothers are guided to use their senses to help them bond with their babies, notice small details, and ground themselves in the present moment. There are words of encouragement and hope as Mommy and Baby begin their journey of love together.



## **On Friday Afternoon**

by Michal Babar  
illustrated by Menahem Halberstadt

A girl and her furry sidekick help prepare for Shabbat dinner in their own way. While helping to clean the house, Leelee and her dog, Pickles, discover items they wish to donate. Their efforts to celebrate the spirit of Shabbat end with similar counterintuitive results. In the end, everyone pitches in to make dinner a success in this upbeat picture book.

# INFANT/EARLY CHILDHOOD MENTAL HEALTH ENDORSEMENT®

IECMH Endorsement® is the 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.

This month's highlight is the **Family Associate** category for those who work in the **Promotion** field.



## PROMOTION

### SCOPE OF WORK

Those who promote healthy growth, development, and early relationships.

### WHO DOES THIS WORK?

- Child Welfare Staff
- EC-CHW
- Early Childhood Educator
- Lactation Consultant
- Program Administrator
- Pediatric Health Care Provider
- Wraparound Case Manager



## PREVENTION



## CLINICAL INTERVENTION



## LEADERSHIP



## REFLECTIVE SUPERVISION / CONSULTATION

### IECMH IN ACTION

Supporting and educating families with young children - focusing on attachment, bonding, mental health and wellbeing, and positive parent-child interactions. This work is done through direct service, advocating for programs and policies, or making appropriate referrals.

### ENDORSEMENT CATEGORY

Family Associate



# SOMETHING SPECIAL ABOUT INFANTS

## • • • MYTH • • •

Infants and young children can self-soothe

### What does research say?

- When parents are nurturing and **responsive to an infant's cues**, the hippocampus (associated with memory and stress modulation) develops, which means **early nurturing** directly impacts healthy brain development (Luby et al., 2012).
- **Responding to infants** overnight is associated with lower infant cortisol levels, which means babies who are responded to have **lower stress levels** in their brains and bodies (Philbrook & Yeti, 2016).

### What if a baby's caregiver is dysregulated?

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.

#### Part One:

Date: June 18, 2025

Time: 12pm - 1pm

[Click to Register](#)

#### Part Two:

Date: July 23, 2025

Time: 12pm - 1pm

[Click to Register](#)



## • • • FACTS • • •

The developing brain of an infant does not yet have the features required for self-soothing to occur. The prefrontal cortex, a critical brain space for emotional regulation, isn't fully developed until we are in our mid 20's! **Babies having a stress response rely on co-regulation with a nurturing adult who responds consistently to their cues.**







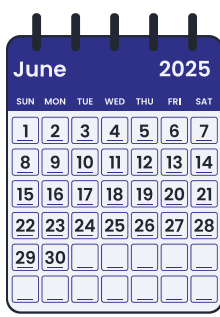
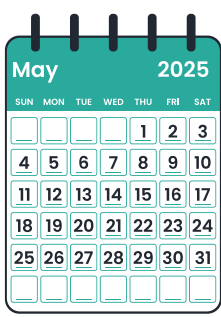
## Reframe to Reclaim

When **toddlers and preschoolers** exhibit behavior that is challenging for adults, we tend to assign **meaning** rather than seeking to know what our child is **communicating**. What looks like defiance is often **developmental information**. If the grownups around young children lean into the resilience-building activity of reframing we can completely transform our response. **Dr. Jazmine** walks us through common scenarios, which prompt us to consider how we might respond differently.





when	they seem to be	but what if they are
Your child refuses to leave the playground	being deliberately difficult	developing time perception and struggling with transitions
Your child says NO! to everything	defiant and oppositional	discovering autonomy and personal boundaries
our child melts down when you try to help	stubborn and inflexible	building independence and self-efficacy
your child negotiates bedtime endlessly	manipulative and avoiding rules	practicing persuasion skills and testing consistency
your child insists on doing it their way	bossy and difficult	building problem-solving and critical thinking skills

When we approach difficult moments with **curiosity** instead of frustration, we have an opportunity to provide the support young children need without escalating a power struggle.

Learn more at [themompsychologist.com](https://themompsychologist.com)



# PROFESSIONAL DEVELOPMENT OPPORTUNITIES

DATE	PROGRAM	HOSTED BY
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
MAY 29	Digging in to Family Engagement	 NV-AIECMH
JUN 13	Introduction to Perinatal Mood and Anxiety Disorders	 NV-AIECMH
JUN 18	Understanding Our Stress Response Cycle (Part 1)	 NV-AIECMH

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

[Full Training Calendar](#)

## LEARNING RESOURCE

### Searching for **QUALITY** training that is also **FREE?**

The Children's Cabinet offers dozens of training opportunities every quarter that are specially designed to meet Nevada Registry Competencies. Many of their topics are aligned with Infant and Early Childhood Mental Health Core Competencies.

Learn more, read through the spring catalog, and sign up for training [here](#).

[\*\*www.childrenscabinet.org\*\*](http://www.childrenscabinet.org)

# GET INVOLVED



**nvaiecmh**  
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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](mailto:info@nvaiecmh.org)  
or better yet, share a photo  
by text to **775-682-1316**



The Association is accepting  
applications for Board  
Members!

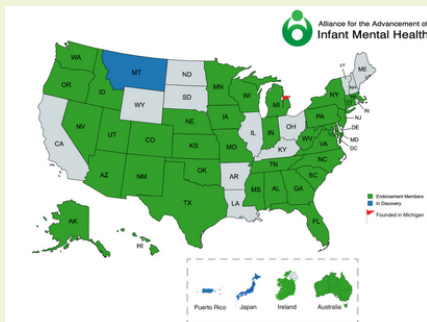
If you or someone you know is  
interested in serving, email  
our Executive Director at  
[jkleinedler@nvaiecmh.org](mailto:jkleinedler@nvaiecmh.org)



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](mailto:info@nvaiecmh.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.

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](#).