



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health

Giving children roots to
grow and wings to fly.

JUNE 2025 MEMBERS NEWSLETTER

Summer is in full swing as we swiftly approach the longest day of the year. Right now is what we have been looking forward to since winter! Here at the Association, we are celebrating dads and our LGBTQ+ friends and family with lots and lots of ice cream. Be sure to get your seat for our two part workshop series called Understanding Our Stress Response Cycle. We are eager to learn more from Dr. Megan Weller about how our bodies identify, respond to, and process stressors in every day life. If you can't attend both, that's ok, join whichever class you can attend. We have some gems for you in this month's newsletter, so brew a cup of tea, pour it over a tumbler full of ice, and have a five minute break.

Take care,



RECENT DATA DROP

2025 ANNIE E CASEY FOUNDATION KIDS COUNT DATA BOOK

The **Data Book** is an annual publication that provides an overview of children's wellbeing by compiling and analyzing key indicators. KIDS COUNT captures what children and youth need most across four domains: Economic Well-Being; Education; Health; and Family and Community. Each domain includes four indicators for a total of 16.

Because state policies play a critical role in shaping children's lives, a child's future success often depends on where they grow up. Follow [THIS LINK](https://www.aecf.org/resources/2025-kids-count-data-book) to learn more about Nevada's children.

<https://www.aecf.org/resources/2025-kids-count-data-book>

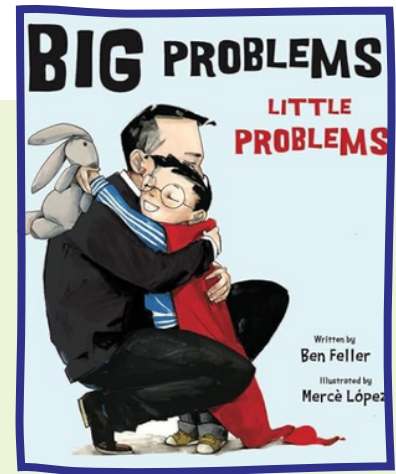


FOR READING TOGETHER

Big Problems Little Problems

by Ben Feller
illustrated by Merce Lopez

Celebrate dads by reading this book about a single dad who teaches his child to solve some daily challenges while his child reminds him to pay attention to what matters most. A beautiful story that encourages listening and tenderness between father and child.

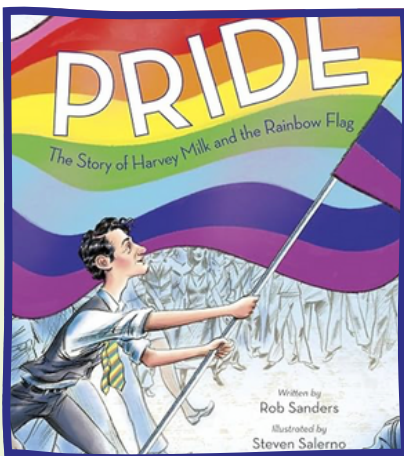


FOR READING TOGETHER

Pride: the Story of Harvey Milk and the Rainbow Flag

by Rob Sanders
illustrated by Steven Salerno

In this deeply moving and empowering true story, young readers will trace the life of the Gay Pride Flag, from its beginnings in 1978 with social activist Harvey Milk and designer Gilbert Baker to its spanning of the globe and its role in today's world. This LGBTQ+ history book helps children understand the importance of love, hope, equality, and pride.



MOMENTS OF CONNECTION

SERVE AND RETURN

Source: Center on the Developing Child - Harvard University

Serve and return interactions shape brain architecture. When an infant or young child babbles, gestures, or cries, and an adult responds appropriately with eye contact, words, or a hug, neural connections are built and strengthened in the child's brain, supporting the development of communication and social skills. When caregivers are sensitive and responsive to a young child's signals and needs, they provide an environment rich in serve and return experiences. Find the full Guide to Serve & Return: How Your Interaction with Children Can Build Brains at: developingchild.harvard.edu





SOMETHING SPECIAL FOR CAREGIVERS

Do things feel broken but strangely normal? If so, you might be experiencing **hypernormalization**. It can be especially powerful for adults who are absorbing everything while protecting and raising babies and young children.

Hypernormalization was first explained in 2005 by scholar Alexei Yurchak to describe people's experience in Soviet Russia. It describes life in a society where two main things are happening: 1. People are seeing that the governing systems and institutions are broken and 2. People carry on with their lives as normal despite systemic dysfunction, often times experiencing a heavy load of fear, dread, denial, and dissociation. Psychologist Carline Hickman says, "The worst thing in the world is to feel that you're the only one who feels this way and that you are going quietly mad." **We see you.**



Joy and **connecting with people you love** is a powerful way to fight back. So your challenge this month is to find something every day that brings tiny joy. Maybe an ice cream, a silly dance around the kitchen, or staying up late to stargaze. Think of a way you can help someone else and go do that for them, for you.

FOR THE YOUNG CHILD

HOW TO HELP CHILDREN FEARFUL OF ICE RAIDS

It is normal to be uncertain about how to talk with young children about current events, especially when those events are scary or illegal, and if you are unsure yourself. Remember to let the child with questions lead, and don't be afraid to say "I don't know." Help children orient to safety before ending the conversation. Children in Nevada are being impacted by ICE raids. Organizations and Communities are pulling together and sharing resources for Infant and Early Childhood Providers. **First 5 Contra Costa** has a handout with useful tips:

- Children need to feel safe.
- Limit your child's exposure to news and information.
- Don't pretend that nothing is happening.
- Answer their questions to the best of your ability, at an age appropriate level, but use as few words as possible.
- Children might act out in ways that do not seem to directly connect to their worries.




Get more details by clicking [HERE](#).

The American Psychological Association has also published an extensive list of resources:

[Immigration stories and resources for families and educators](#)

The National Child Traumatic Stress Network has a helpful tip sheet for caregivers, parents, and helpers with some [age differentiated guidance](#) for talking with children about deportation.

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

DATE	PROGRAM	HOSTED BY
JUN 18	Understanding Our Stress Response Cycle (Part 1)	 NV-AIECMH
JUL 23	Understanding Our Stress Response Cycle (Part 2)	 NV-AIECMH
AUG 19	The Young Child's Social Emotional Development	 NV-AIECMH
SELF-PACED	Developing Inclusive Approaches to LGBTQ Parent Families	Michigan Association for Infant Mental Health
SELF-PACED	Through the Eyes of the Rainbow: LGBTQ Parents Experience	Michigan Association for Infant Mental Health

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

Full Training Calendar

REFLECTIVE CONSULTATION

Pay-It-Forward RSC



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

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 apply or send us an email at info@nvaiecmh.org.



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ENDORSEMENT UPDATE

We are celebrating the **21** professionals in Nevada who have earned I/ECMH Endorsement®! We are also excited for the **8** of them who are Endorsed Reflective Supervisors. If you are curious to learn more about Reflective Supervision/ Consultation, new training, RSC opportunities, and tip sheets will be coming soon!

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 children's book?

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!

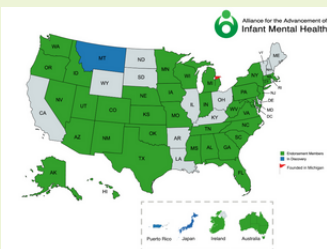
If you or someone you know is
interested in serving, email our
Executive Director at
jkleinedler@nvaiecmh.org



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

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](#).