



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

Giving children roots to  
grow and wings to fly.

## JULY 2025 MEMBERS NEWSLETTER

Someone once shared with us that the secret to smooth transitions is preparation and planning. We've taken that to heart here at the Association, which is why, in the heart of summer, our July newsletter is focused on getting ready for school. We were fascinated to learn that adults and children do better with change when they have a chance to prepare and practice. Centering relationships with young children and leaning in to infant mental health strategies right now builds a foundation for less stressful days ahead.

In the next couple weeks, you will receive instructions by email for accessing our new membership portal. Be sure to update your mailing address with us. We are going to be posting letters soon! Breathe deeply this month and remember that rest is resistance training.

Take care,

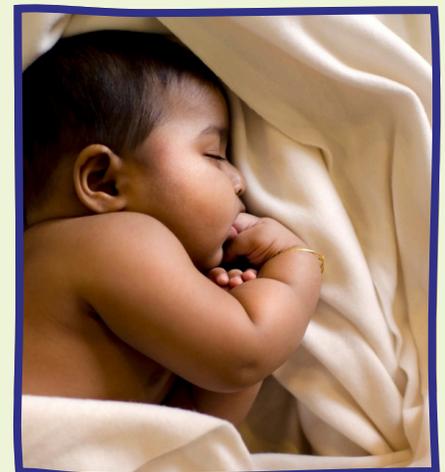
## RECENT DATA DROP

### INFANTS AND MEMORY

Why don't we remember being a baby?

Research published in March 2025 is working on better understanding the brain science and developmental capability behind encoding stimuli into retrievable memories. One theory has been that the memories are not encoded into long term storage (like Dory in Finding Nemo). The scientists at Yale now wonder if the memories from infancy are indeed encoded in our brains, we just can't access them when we are older.

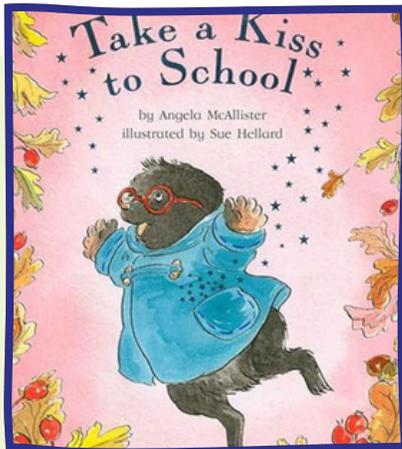
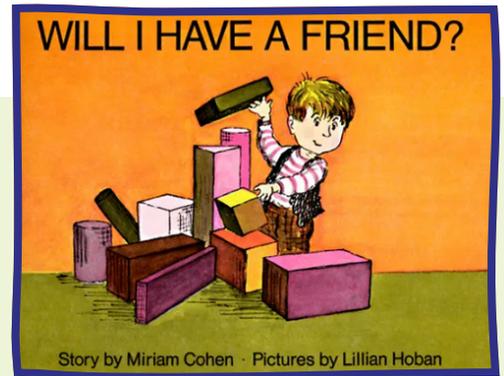
The article and links to other intriguing studies can be found [HERE](#).



## FOR READING TOGETHER

**Will I Have a Friend?** by Miriam Cohen  
illustrated by Lillian Hoban

Jim is very worried about his first day of school and wonders if he will make any friends. When he's in his classroom and sees other kids playing with each other, he gets even more anxious that he'll never find a friend. But he discovers someone who feels the same way, and they agree to share toys together the next day.



by Angela McAllister  
illustrated by Sue Hellard

## FOR READING TOGETHER

**Take a Kiss to School**

There is so much to learn on Digby's first day at school. Will he remember where to hang his jacket and to listen for his name? Digby's mother has some special help for her boy who doesn't feel quite brave enough for school. This reassuring story is just right for kids starting school and those who need a little encouragement once they've begun!

## MOMENTS OF CONNECTION

### AFTER SCHOOL RESTRAINT COLLAPSE

The [Child Psych Podcast](#) has an episode devoted to helping us understand what this is, why it happens, and how we can help young children with the daily transition from school to home. Tammy and Tania explain that the meltdowns come because kids are pumped full of cortisol, a stress hormone, by the time their school day is done. Encouraging activities like eating a health snack, being physically near a parent or caregiver, and movement and play are all ways to help little bodies complete the stress response cycle and eliminate cortisol. Listen to the podcast [HERE](#).

And sign up for Part 2 of **Understanding Our Stress Response Cycle**. Dr Weller is going to help us understand how to help babies and young children with co-regulation strategies.





## Getting Ready to Start Preschool

Helping a young child transition from toddler to preschooler is often a period of time filled with emotions - for the grown up and the child. Zero to Three has written a **comprehensive article** that helps parents and caregivers consider every aspect of supporting little ones through this phase of development. Spend time at home preparing for school by reading books, engaging in pretend play, and making a game out of learning new skills like unzipping a lunch box. As the start of school approaches, be on the lookout for emotional cues from your child that signal worry or fear so you can respond with connection and validation. The article breaks down easy steps to follow in the few weeks leading up to the first day, the night before, and tips for a good goodbye.



### A FEW MORE IDEAS FROM NAEYC:

- 1** Visit your local **library** during circle time so your child can practice listening to others read to them and give them direction.
- 2** Start now creating an early to bed routine along with a **school morning routine** to establish good habits with clear expectations for your child.
- 3** Learn about the **toilet process** at your child's school and help them understand it as well.
- 4** Sign up for **home visiting** if offered, or **visit the school** to meet your child's primary teacher and see the classroom.
- 5** Let your child pick out a **new backpack** and have them help you write their name in it.
- 6** Tell **positive stories** about when you or older siblings/cousins started school
- 7** Select a **special object** from home that your child can take with them to school like a stuffed animal, small blanket, or pillow
- 8** **Read books** together about going to school.
- 9** Remember that **separation is a learning process** and be patient with yourself and your child.

# PROFESSIONAL DEVELOPMENT OPPORTUNITIES

DATE	PROGRAM	HOSTED BY
JUL 23	Understanding Our Stress Response Cycle (Part 2)	 NV-AIECMH
AUG 19	The Young Child's Social Emotional Development	 NV-AIECMH
SEP 13	Toxic Stress and Infant/Toddler Brain Development	 NV-AIECMH

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

## Full Training Calendar

## PAY-IT-FORWARD



<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](mailto:info@nvaiecmh.org).

## CONFERENCE

Our Friends in Wisconsin are hosting their Annual Infant and Early Childhood Mental Health Virtual Conference and they want US to join them!

Find out more and register at [wiaimh.org/conference](http://wiaimh.org/conference)

2025  
WISCONSIN  
Infant & Early Childhood  
MENTAL HEALTH CONFERENCE

Registration is LIVE!

Registration for the 2025 Wisconsin Infant & Early Childhood Mental Health Virtual Conference is now open!

Tuesday, October 14th

8:15 am to 4:00 pm (CST)

\$40 for WI-AIMH Members (including AIMHs nationwide)  
\$75 for Nonmembers



# RESOURCES

## HOW TO HELP CHILDREN FEARFUL OF ICE RAIDS

The American Psychological Association has 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.

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



The Association is accepting applications for Board Members!

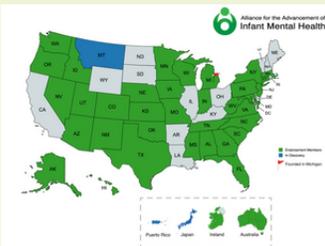
If you or someone you know is interested in serving, email our Executive Director at [jkleinedler@nvaiecmh.org](mailto:jkleinedler@nvaiecmh.org)



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](#).