

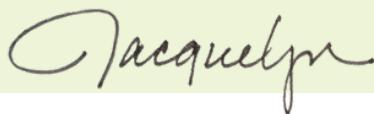


## AUGUST 2025 MEMBERS NEWSLETTER

Here at the Association as our little ones start up school, we thought now would be a great time to reconsider some of our habits. Experts tell us the first six weeks of the school year is a great time to focus on routines and consistency. In our home, we've decided to take another crack at limiting screen time. I know we aren't alone in this struggle! This month's newsletter offers some insight into the growing body of research around the impact of screens - on all of us. And some realistic tips for what to do instead.

We do hope to see you at one of our upcoming trainings. So be sure to check out what is coming up soon.

Take care,



### RESEARCH SAYS

**Healthy Professionals for Safer Screens** is a British organization that believes smartphones and screens are negative health determinants for children of a young age. They explain that infant screen use impacts the trajectory of cognitive development beyond infancy and into later childhood and potentially even adulthood.

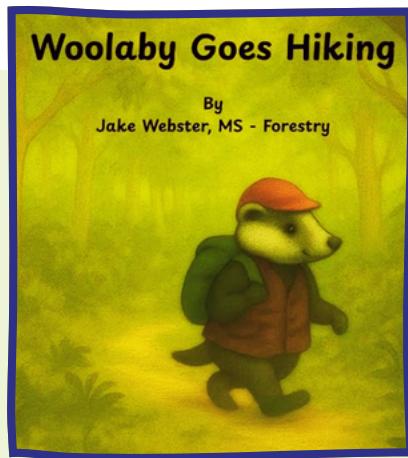
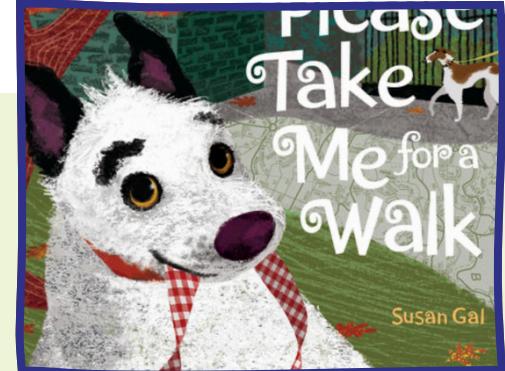
TV WATCHING	HIGH SCREEN TIME	TV DURING MEAL TIME	PARENTAL MEDIA USE
Lower scores on cognitive tests			
Motor delays	Lower communication scores	Lower verbal scores	More time spent on the phones by parents leads to lower parent-child interactions, which are critical for cognitive and social development.
Lower in-class participation and academic success at a later age	Poorer problem-solving	Poorer language processing	
Poorer language processing	Delayed social development		
	Negative impacts to mental processing		



## FOR READING TOGETHER

### **Please Take Me for a Walk** by Susan Gal

This book stars a very persuasive pup pleading with his best friend - the reader! - to take him for a walk. He recounts all the fun things they can see and do: chase squirrels in the yard, greet neighbors on their block, visit the shopkeepers downtown, swing by the schoolyard, and then run and play in the park. The dog run at the park is filled with all kinds of amazing purebreds and mutts, and our puppy wants them all to see "my best friend and me."



## FOR READING TOGETHER

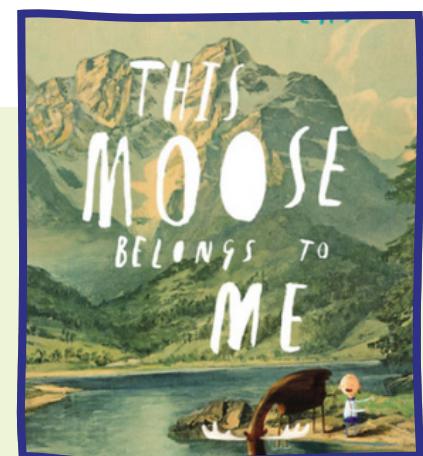
### **Woolaby Goes Hiking** by Jake Webster, MS Forestry

Join Woolaby the badger on his first adventure as he hikes through the woods and meets a friend along the way!

## FOR READING TOGETHER

### **This Moose Belongs to Me** by Oliver Jeffers

Wilfred is a boy with rules. He lives a very orderly life. It's fortunate, then, that he has a pet who abides by rules, such as not making noise while Wilfred educates him on his record collection. There is, however, one rule that Wilfred's pet has difficulty following: Going whichever way Wilfred wants to go. Perhaps this is because Wilfred's pet doesn't quite realize that he belongs to anyone. A moose can be obstinate in such ways! Luckily, they worked out a compromise. Let's just say it involves apples.





# HELPING YOUR CHILD THRIVE

## REAL TALK about SCREEN TIME

by Health Professionals for Safer Screens

### You are not to blame

Phones and tablets are everywhere, and they are designed to grab attention. But did you know that too much screen time - for both parents and children - can make it harder for little ones to develop key skills they need to **grow, learn, and connect?**

### Why this matters

In the first five years, your child's brain is growing faster than it ever will again. These years lay the foundation for how they think, move, talk, and build relationships, which are important for being ready for school.

#### Too much screen time can:

##### 1 Delay speech and communication

Young children learn to talk by hearing real voices and taking part in conversations. Screens often reduce these important moments of connection.

##### 2 Make it harder to handle emotions

If screens are used often to calm a child down, they may miss out on learning how to cope with frustration, boredom, or big feelings in other ways.

##### 3 Impact feeding

Screen use during feeding can make it harder for babies to connect with their parents and for their needs to be noticed. It can also affect learning to try new foods and recognizing hunger and fullness cues.

##### 4 Reduce active play

Children need to move, use their hands, and explore. Long periods of screen time can limit this, affecting coordination, strength, and posture.

##### 5 Impact focus and attention

Fast-moving videos can make it harder for children to focus on slower, real-life tasks, such as playing, reading, or listening.

#### What can help:

##### You do not need to do it all at once

Small steps matter. This isn't about guilt, it's about giving your child the best chance to grow and thrive. What your child needs most is you: your attention, your voice, your time.

##### 1 Make time for screen-free activities

like play, outdoor time, or reading.

##### 2 Keep screens off

during mealtimes and before bed.

##### 3 Watch or play alongside your child

especially when screens are used - this helps support learning.

##### 4 Keep screens out of bedrooms

overnight - yours too, if possible.

##### 5 Be a role model

children copy how adults use phones and tablets.



VISIT HPFSS



HEALTH PROFESSIONALS FOR SAFER SCREENS

PROFESSIONAL  
**DEVELOPMENT**  
OPPORTUNITIES

DATE	PROGRAM	HOSTED BY
AUG 19	The Young Child's Social Emotional Development	 NV-AIECMH
SEP 13	Toxic Stress and Infant/Toddler Brain Development	 NV-AIECMH
OCT 18	The Brain Architecture Game	 NV-AIECMH

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

## Full Training Calendar



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

## PAY-IT-FORWARD

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 Conference and they want US to join them!

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





## 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. 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**

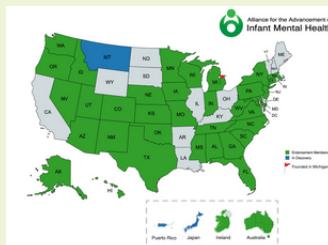
The Association is accepting applications for Board Members!

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](#).