

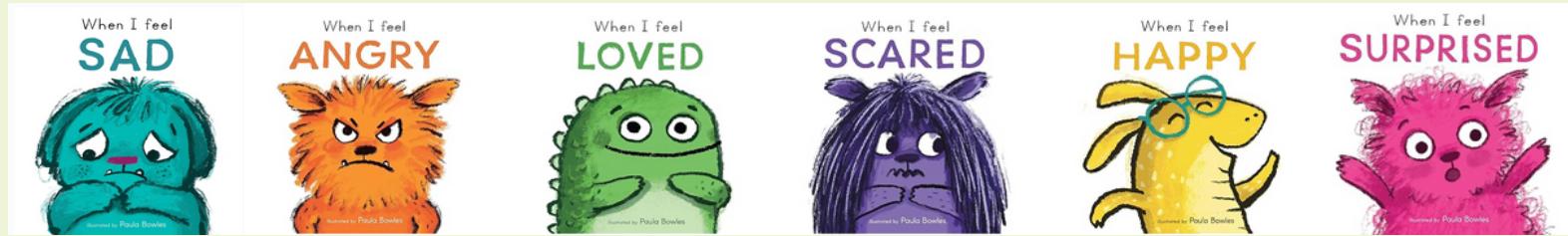


SEPTEMBER 2025 MEMBERS NEWSLETTER

This month, we recognize Hispanic Heritage Month. Our friends at [Zero to Three](#) have put together lots of stories of hope, resources, and strategies for inclusivity to explore. Be sure to go over and visit them. In honor of Suicide Prevention month, we have put together meaningful resources including highlighting board books for our littlest ones to begin building emotional intelligence - a protective factor. Research resoundingly tells us that meaningful connection is a critical suicide prevention strategy. So we have some ideas for strengthening community. Another important resource for maternal mental health support is [Postpartum Support International \(PSI\)](#). They are an excellent resource to build connection before a suicidal crisis hits. Hope is not passive. Hope is an action. Take care of each other,



FOR READING TOGETHER



First Feelings Series: When I Feel...

Illustrated by Paula Bowles

Developed in conjunction with a child psychologist, these **board books** focus on the **six main emotions** experienced by very young children. Featuring non-gendered characters and avoiding stereotypical associations of color and emotion, each book introduces the child to the feelings raised by one emotion. **Coping strategies** are discussed where necessary. Written with both neurodivergent and neurotypical readers in mind. This series of books can be used to **develop emotional intelligence** from a young age, as the emotions are labelled and relatable experiences are used to help young children make connections between their emotions and what might trigger them. **Available in Spanish.**

PROFESSIONAL
DEVELOPMENT
OPPORTUNITIES

DATE	PROGRAM	HOSTED BY
OCT 18 <small>in person!</small>	The Brain Architecture Game	 NV-AIECMH
NOV 04	Thinking about Thinking: The Young Child's Cognitive Development	 NV-AIECMH
NOV 10	Seedlings - an Introduction to Infant Mental Health	 NV-AIECMH
DEC 11	Rest and Reset	 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.

Infant Mental Health IS Suicide Prevention

Although suicide is often associated with older individuals, the foundations for emotional well-being are built before birth and throughout early childhood. When we care for babies and young children or work with their families from an infant mental health lens, we have a positive impact on suicide risk later in life. Here are 3 examples to learn about.

1

We highlight the importance of **social connections** and the development of healthy relationships from an early age.



A strong sense of belonging and social connectedness is one of the most effective protective factors against suicide. Individuals who feel isolated or disconnected from others are at a higher risk of suicidal thoughts.

2

We understand the need to address **parental mental health**.



Parents who are emotionally well and have adequate support systems are more able to provide the stable, nurturing environment that infants need. Addressing mental health issues in parents early on helps break the cycle of poor emotional support and attachment.

3

We understand the importance of **positive self-worth** and fostering resilience from an early age.



Infants who are consistently cared for and have their emotional needs met feel valued and capable. They grow up understanding that they are worthy of love and support, which provides protection against depression, anxiety, and hopelessness later in life.



BUILDING RELATIONSHIPS

Why does strong community matter for infant mental health?



When faced with forces that seem determined to dysregulate and paralyze us, we can lean in to connection with others around us. **Hypernormalization** (when things feel broken but strangely normal) is especially powerful for adults who are absorbing everything while protecting and raising babies and young children. If you are experiencing a heavy load of dread, fear, denial, and dissociation, you are not alone. Psychologist **Caroline 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.

Infants develop **secure attachments** when they feel loved, safe, and valued. A community that provides social support for caregivers enhances the caregiver’s emotional availability. When caregivers receive emotional and practical support, they are more likely to be **attuned to their infant’s needs** and respond in sensitive and nurturing ways, fostering secure attachment. Also, having a network of people to turn to can **prevent isolation**, which is a significant risk factor for depression and anxiety in parents. A community that fosters connection helps parents feel less alone and more capable in their roles, thereby benefiting their infant’s emotional well-being.

Tips for Strengthening Community

@latenightsecondhand

1 Invite someone over for dinner

You don’t have to be fancy - cook from a box, order takeout, or go potluck style. The company is the key.

2 Volunteer as a tutor

Find out if a school near you needs tutors or other volunteer support. Even if it is 20 minutes one day a week, before or after work.

3 Start a walking group

Post a flyer near the mailboxes or another prominent place with meet up dates and times. If you are nervous bring a friend along.

4 Send some snail mail

Mail a handwritten letter or post card to someone in your life who you think might feel lonely. Or send a congrats to someone who accomplished; something.

5 Play a board game or cards

invite someone to play cards or a board game for an hour or two. Better yet, invite a few people or ask them to bring another friend.

6 Get curious about public spaces

Start visiting your local library regularly to meet your librarians and learn about everything the library offers. Check out your community center for classes or events. Make it a habit to go to the park.

7 Offer to sit for someone

Offer to take care of someone’s pet, watch their child, or take a shift caring for an elderly person. Even if the primary caregiver only goes in the other room to nap or take a shower.

8 Go listen to a public meeting

Attend a city council meeting or school board meeting. They post schedules online a few days in advance, and many offer a virtual option so you can learn about what your neighbors care about.

9 Call your congressional representative

They need to hear from you. Mail letters, make phone calls, send emails. **5calls.org** makes this a very easy activity to do.



FOR THE YOUNG CHILD

HOW TO HELP CHILDREN FEARFUL OF ICE RAIDS

(reprint)

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.

ABOUT NV-AIECMH

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?

Message us at info@nvaiecmh.org

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](#).