



OCTOBER 2025 MEMBERS NEWSLETTER

Happy Fall! This month we are busily preparing for Membership Renewal Season. You can find our 2026 Membership price list in this issue. Membership renewals open on November 1st. We will send out a separate reminder in a few weeks. We are participating in Celebrate Babies Week by sharing our Infant Mental Health Practice Principles curated with sincere gratitude from multiple sources with depth of knowledge. As you settle into the deepening fall with us, be sure to take time for rest. Not sure how to do that? Join us on December 11th for a soothing workshop with supportive ideas, tips, and messages.

Take care of each other,



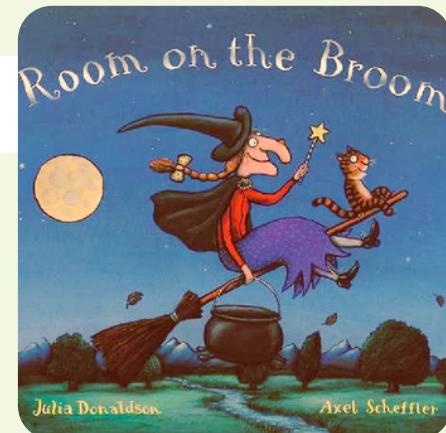
FOR READING TOGETHER

Room on the Broom

By Julia Donaldson

Illustrated by Alex Scheffler

The witch and her cat couldn't be happier flying through the sky on their broomstick. That is, until the witch accidentally drops her hat, then her bow, then her wand! Luckily, three helpful animals find the missing items and bring them back to the witch. In return, all they want is a ride on the broomstick. But is there room on the broom for so many new friends? And when disaster strikes, will they be able to save the witch from the clutches of a hungry dragon? This is a gentle and delightful spooky story suitable for all ages.



GET INVOLVED

Join the Quest for Kindness

Each October, Nevada PEP recognizes **National Bullying Prevention Month** with their **I Care, We Care Campaign**. This year, with their theme of Join the Quest for Kindness, we are welcomed to submit a Care Message to show children that we care about them and that kindness is one of the keys to preventing bullying.



PRACTICE PRINCIPLES



Celebrate Babies Week is a national initiative dedicated to raising awareness of and celebrating the individuals, families, groups, and systems working to promote the well-being of infants, toddlers, and their families.

In honor of Celebrate Babies Week, we are sharing our Practice Principles to increase public understanding and action to support the Early Relational Health of all young children in Nevada.

1

Focus on Relationships

- **Secure Attachments:** Nurturing, responsive relationships with caregivers are crucial for infant development and mental health.
- **Reciprocal Interactions:** Infants thrive when caregivers are attuned to their cues and engage in back-and-forth interactions.
- **Context of Relationships:** Infant Mental Health is understood within the context of the infant's relationships with parents and other family members and caregivers.

3

Cultural Responsivity

- **Diverse Families:** Infant mental health practice must be culturally responsive to the diverse needs of families and communities.
- **Belonging:** Inclusion and Equity practices are critical to foster a sense of belongingness.
- **Family Values:** Cultural beliefs and values play a significant role in parenting practices and should be respected and integrated into care.
- **Identifying Strengths:** Infant mental health practice identifies and builds upon strengths and protective factors of infants, families, and communities.
- **Partners in Care:** Families are essential partners in infant mental health and should be viewed as experts of their experience, actively involved in decision-making.

References

- **Alliance for the Advancement of Infant Mental Health**
<https://www.allianceaimh.org>
- **Harvard Center on the Developing Child**
<https://developingchild.harvard.edu>
- **Zero to Three**
<https://www.zerotothree.org>
- **Vanderbilt University**
<https://pn3policy.org>
- **World Infant Mental Health Association**
<https://waimh.org>

2

Early Experiences Matter

- **Brain Development:** Brain development in the first 3 years of life has a profound impact on lifelong health.
- **Foundational Development:** Secure and responsive relationships during infancy help build a foundation for emotional regulation, social skills, and overall well-being.
- **Trauma Science:** Intergenerational trauma and individual early childhood trauma impact brain development, attachment, and lifelong health.

4

Reflective Practice

- **Self-Awareness:** Practitioners need to be aware of their own biases, values, and reactions to better understand the perspective of infants, families, and caregivers.
- **Understanding Mental States:** Reflective practice involves considering the mental states of both the infant and caregiver, promoting empathy and understanding.

5

Whole Systems Approach

- **Collaborative Practice:** Effective infant mental health services require collaboration across disciplines and systems including healthcare, early childhood education, social services, policy and legislation, and others.
- **Continuum of Service:** A comprehensive approach includes promotion, prevention, assessment, early intervention, and treatment options to meet diverse needs of infants and their families.
- **Parental Health:** The health and mental health of parents and caregivers is a key factor in infant well-being and requires consideration, attention, and resources.

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.



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](#).



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2026 MEMBERSHIP OPTIONS

EARLY CHILDHOOD EDUCATOR

For educators of young children birth through Grade 3

 **\$38**

PROFESSIONAL

For every provider interested in learning about and promoting infant mental health

 **\$75**

STUDENT

For students at any academic level; may require proof

 **\$25**

LIFETIME

A non-transferable lifetime of access to all member benefits

 **\$1,500**

Organization Memberships are available!
Contact us for details at info@nvaiecmh.org



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