



## NOVEMBER 2025 MEMBERS NEWSLETTER

This November we are leaning in to the coming holidays by remembering that gratitude is something that must be practiced. We are especially grateful for Nevada's IECMH Community. Membership Renewals are underway. If you have a one year membership or a student membership, please take a moment to renew today! We are really looking forward to all the ways we will grow in 2026. You can find our 2026 Membership price list in this issue and [on our website](#). We are also accepting applications for our **Self Paced Early Learning Lab**, which is a way to build stronger, more connected community on your Endorsement journey.

In celebration of the Thanksgiving season, we found a few resources that help us understand and share a [more accurate version](#) of the thanksgiving story. Check out PBS kids for some [helpful tips](#).

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,

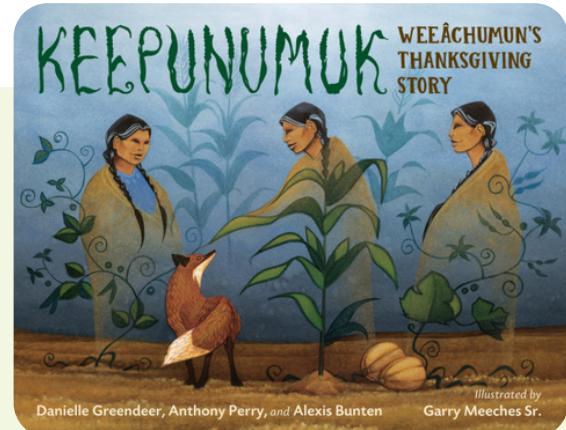
### FOR READING TOGETHER

#### Keepunumuk: Weeâchumun's Thanksgiving Story

By Danielle Greendeer, Anthony Perry, and Alexis Bunten

Illustrated by Garry Meeches, Sr.

In this Wampanoag story told in a Native tradition, two kids from the Mashpee Wampanoag tribe learn the story of Wee chumun (corn) and the first Thanksgiving. The Thanksgiving story that most Americans know celebrates the Pilgrims. But without members of the Wampanoag tribe who already lived on the land, the Pilgrims would never have made it through their first winter. And without Wee chumun (corn), the Native people wouldn't have helped. This book honors both the history and tradition that surrounds the story of the first Thanksgiving.





## PRACTICE PRINCIPLES

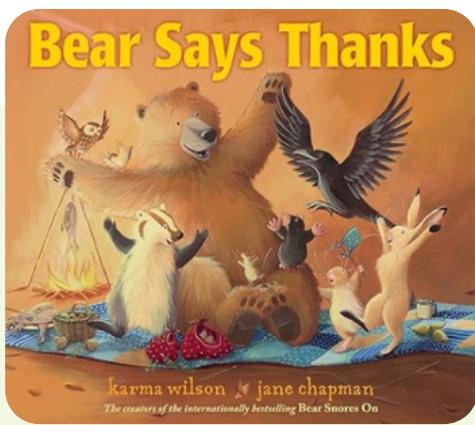
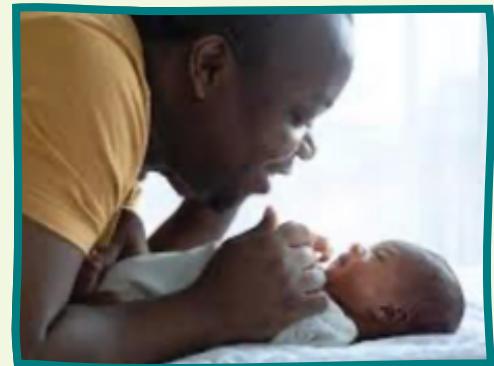
### Let's take a closer look at the first NV-AIECMH Practice Principle shared in last month's newsletter

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### 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.

Secure attachment can be created through every daily interaction with an infant and young child by encouraging play. Help One Child published a list of **what this could look like**. Wendy Witham, LMFT, explains, “Play with parents helps children learn trust, self-regulation, self-esteem, and improves their ability to have fun and experience joy in their attachment relationships. Play becomes an important part of nurturing attachment between adults and children—and among all family members.”



### FOR READING TOGETHER

#### Bear Says Thanks

By Karma Wilson

Illustrated by Jane Chapman

Bear has come up with the perfect way to say thanks with a nice big dinner! When Bear decides to throw a feast, his friends show up one by one with different platters of delicious food to share. There's just one problem: Bear's cupboards are bare! What is he to do? This celebration of family and friendship is a lovely way to teach children about how to put relationship first. Young readers will delight in discovering the special gift Bear has to share.

PROFESSIONAL  
**DEVELOPMENT**  
OPPORTUNITIES

DATE	PROGRAM	HOSTED BY
DEC 11 <b>2026</b>	<b>Rest and Reset</b>  Lots of topics to come!	 NV-AIECMH
		 NV-AIECMH

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

## Full Training Calendar



## S.P.E.L.L.

### Applications are Open for the Self Paced Early Learning Lab!

The Self Paced Early Learning Lab is designed to help you understand and apply principles of Infant Mental Health in an easy to access and easy to complete self paced format. At any time during the lab, you can start and submit your application for IECHM Endorsement®

*Register  
Now*



A Seat in the lab includes

- 3 years of Association Membership
- Meaningful access to the Competency framework
- Custom Training Topics
- Access to Reflective Practice and/or RSC
- Individualized Endorsement Application support
- Endorsement Application Fee

In partnership with Nevada's PDG B-5 grant Early Intervention and Early Intervention adjacent providers can sign up for **FREE**.

Scan this QR, [click this link](#), or send us an email to [info@nvaiecmh.org](mailto: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](mailto: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](#).

