



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

Giving children roots to  
grow and wings to fly.

## JANUARY 2026 • MEMBERS NEWSLETTER

The Association is ringing in the New Year by reminding ourselves and others that our bodies understand the rhythm of deep winter. January is a month for slow reflection and rest along with bursts of powerful action and energy.

This month's newsletter emphasizes the importance of connection and community. Our local spaces are the best place to begin the work of change. We have lots of fresh activities starting this month, so be sure to take a look at our professional development section.

We have also curated some children's books in response to current events. Our babies and young children are too small to understand what is going on globally, but they certainly understand when their parents and caregivers feel stress and distress. We hope this issue brings you some hope and comfort. Give yourself the gift of a few quiet minutes to read on.

## CONNECTION MATTERS

As the new year begins, it's easy to think about big goals and fresh starts. In this work, though, the moments that matter most are often the quiet, everyday ones. **Pausing to really listen, stopping for a hug, sharing laughter.** These everyday interactions are where connection grows and where Early Relational Health shows up in real life. This work doesn't ask for perfection. It grows through presence, care, and showing up for one another.

When professionals feel supported and connected, it becomes easier to offer that same steadiness to children and families. Small moments of connection between colleagues, with families, and within ourselves help sustain this work over time.

- ♥ Where have you noticed connection showing up in your work lately?
- ♥ What helps you feel supported and grounded so you can show up for others?



# 3

## PRACTICE PRINCIPLE CULTURAL SENSITIVITY



Children learn about the world through their families and communities. From the very beginning, caregiving practices, beliefs, and traditions shape how safe, understood, and connected they feel.

**Practice Principle #3: Cultural Sensitivity** reminds us that effective infant and early childhood mental health work begins with respect for each family’s values, experiences, and way of life.

### **Families are the experts on their children**

Caregivers know their children best. Cultural sensitivity means listening closely, honoring family knowledge, and working together to support children in ways that feel meaningful and appropriate for each family.

### **Belonging supports healthy development**

When families feel welcomed and respected, trust grows. A sense of belonging helps caregivers feel confident and supported, which strengthens relationships and promotes healthy social and emotional development for young children.

### **Strengths matter**

Every family brings strengths, traditions, and protective factors that support resilience. Culturally responsive practice builds on what families are already doing well rather than focusing on what’s missing.

### **Partnership leads to better outcomes**

By staying curious, flexible, and open, professionals can tailor support to fit each family’s context. These strong partnerships lead to more effective services, deeper connection, and healthier outcomes for infants and young children.

## WHY THIS MATTERS

### For Nevada’s Workforce

When families feel respected and understood, they’re more likely to trust the support being offered. What feels helpful, comfortable, or appropriate can look different from one family to another, and that’s okay. By staying curious, flexible, and open, professionals can offer support that truly fits each family’s life. This leads to stronger relationships, greater caregiver confidence, and better outcomes for young children.





## FOR READING TOGETHER

### The Breaking News

Written and Illustrated by Sarah Lynne Reul

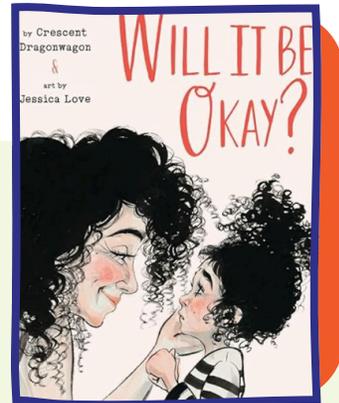
When devastating news rattles a young girl's community, her normally attentive parents and neighbors are suddenly exhausted and distracted. At school, her teacher tells the class to look for the helpers: the good people working to make things better in big and small ways. She wants more than anything to help in a BIG way, but maybe she can start with one small act of kindness instead, and then another, and another. Touching on themes of community, resilience, and optimism, this book is already one of our favorites.

## FOR READING TOGETHER

### Will it be Okay?

by Crescent Dragonwagon • Illustrated by Jessica Love

This classic picture book asks a tough question and answers it with humanity, humor, and grace. A child asks, Will it be okay? That bee sting, that thunder storm, those powerful feelings, losing a loved one. Will It Be Okay? Yes. Yes, it will.

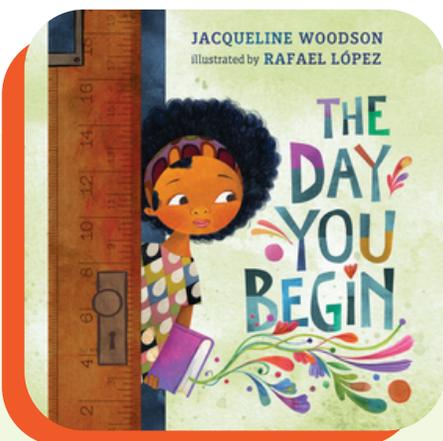


## FOR READING TOGETHER

### The Day You Begin

by Jacqueline Woodson • Illustrated by Rafael López

This book explores what it feels like to be new, different, or unsure of where you belong. Through simple classroom moments and shared stories, children see how listening, curiosity, and kindness help build connection. This book invites meaningful conversations between children and caregivers about identity, culture, family traditions, and what makes each of us unique. As children share their stories, and hear the stories of others, they learn that relationships grow when we make space for one another and respond with care.



# PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Curious about what Infant Mental Health really is, and what it isn't? This one-hour, introductory workshop offers a clear, welcoming overview of Infant Mental Health and the principles that guide this work. We'll explore key ideas like reflective practice, co-regulation, and the Infant Mental Health Endorsement, with space for learning and connection.

**This workshop is FREE and open to everyone.**

[Click Here to Register](#)



## SEEDLINGS: AN INTRODUCTION TO INFANT MENTAL HEALTH

**JOIN  
US!**

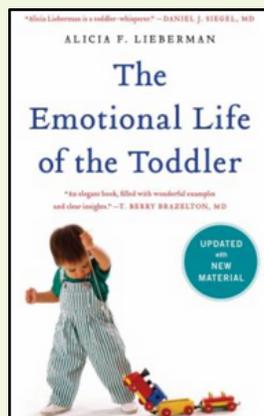
**TUES, JAN 20 • 12:00 PM  
THURS, JAN 29 • 12:00 PM**

**REGISTER FOR FREE AT [NVAIECMH.ORG](http://NVAIECMH.ORG)**

## NEW! BOOK CLUB

We're starting a Book Club! Our first read will be:  
**The Emotional Life of the Toddler** by Alicia F. Lieberman

- ✓ Open to professionals, parents & caregivers
- ✓ NVAIECMH membership is not required
- ✓ Live + on-your-own options available
- ✓ Free book for the first 25 who sign up



[Click or Scan to Register](#)



Or email us:  
[info@nvaiecmh.org](mailto:info@nvaiecmh.org)

Come read, reflect, and connect with us • Book clubs starts mid-February ❤️



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

Self Paced Early Learning Lab

### STARTING NEXT WEEK!

... and the Self Paced Early Learning Lab has opened additional seats.

Access to the lab includes 3 years of NV-AIECMH membership, customized training, reflective practice support, and individualized Endorsement® guidance (with a fee waiver).

**FREE for Early Intervention & EI-adjacent providers through Nevada's PDG B-5 grant.**

Apply now and join us at kickoff next week!

[Click or Scan to Register](#)



Or email us:  
[info@nvaiecmh.org](mailto:info@nvaiecmh.org)

# IT'S MEMBERSHIP RENEWAL SEASON!

**Did you forget to renew your membership? Don't delay!**

**We will deactivate past due accounts on January 20th!**

Membership with NV-AIECMH connects you to a statewide professional community working toward a shared goal of supporting babies, young children, and the families who care for them.

## Membership gives you access to:



Professional networking opportunities



Professional development at reduced rates



Reflective Practice



Access to the IECMH Endorsement®



Priority enrollment for trainings & CEU opportunities

## Membership Options • 2026 Fees

Professional Member	\$75
Lifetime Membership	\$1500
Early Childhood Educator	\$37.50
Student Membership	\$25

**Join or Renew Today!**

[nvaiecmh.org/join-us](https://nvaiecmh.org/join-us)

## ABOUT NV-AIECMH

NV-AIECMH is the only statewide professional association dedicated to supporting, training, and connecting the cross-system workforce that promotes the healthy development and relational health of Nevada's children from the prenatal period through age six.

Nevada is one of 36 state associations in the U.S. that offer the Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant & Early Childhood Mental Health®. Each association is part of the Alliance for the Advancement of Infant Mental Health. Learn more about the Alliance at [www.allianceaimh.org](http://www.allianceaimh.org).

The Professional Home  
for Nevada's Infant  
& Early Childhood Workforce



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Nevada Association for Infant  
& Early Childhood Mental Health

We're grateful to be in community with you. If you have resources, ideas, or reflections to share, email us anytime at [info@nvaiecmh.org](mailto:info@nvaiecmh.org)