



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health

Giving children roots to
grow and wings to fly.

FEBRUARY 2026 MEMBERS NEWSLETTER

Here at the Association, as we make our way through February and early March, we are thinking about connectedness. A colleague shared an idea about parallel play for grown ups that we love. Sit in the same room or join a co-working zoom, and do different things, together (reading, knitting, working).

This month, we continue to offer resources for families impacted by ICE violence and raids with a shareable page 2. We are also busy cultivating relationships with you, our members, across the state. Our learning lab is well underway, our training calendar is filling out, and we have several opportunities available to connect with us.

I want to encourage you to join our book club. We are structuring this activity to emphasize community by creating ways to benefit from the book even if you don't have time to read the book. Wondering what we mean? Join us and check it out!

We think Bad Bunny would approve of our book selections this month, because we also believe "The Only Thing Stronger Than Hate is Love"

Take Care,

RELATIONSHIPS MATTER

Supporting Children When Immigration Fears Arise

Children may hear about ICE at school or online, even if their families are not directly impacted. The resource on the next page offers calm, age-appropriate guidance to help providers and caregivers respond with honesty, reassurance, and care. By leading with curiosity, limiting exposure to frightening media, and creating space for expression, providers can help children feel safer and more supported during uncertain times.



REFLECTION: How can your presence, language, or routines help reinforce safety and connection for children who may be carrying unspoken worries?



WHAT TO SAY TO KIDS ABOUT ICE

Even if a child isn't directly affected, they may hear about ICE at school or online. Avoiding the topic can cause more fear. Calm, honest conversations help children feel safe and supported.

IN SPANISH

START THE CONVERSATION

Begin by asking: "What do you know about ICE?" This gives you insight into what they've heard or seen. If they say "I don't know," you can gently explain:

"ICE is a government group that checks if people are following immigration laws. Some families are scared of them because they help decide who can stay in the U.S. Have you heard about people moving to new countries?"

AGES 3-6

"Some families are being treated unfairly because of where they were born. You're safe, and I'm here with you."

- Keep it simple and comforting
- Provide extra hugs, reassurance, and routines.

AGES 7-11

"Some families are being separated because of how they came to the U.S. Even kids are getting hurt, and that's not okay."

- Be honest without overwhelming

WHAT **NOT** TO SAY

- "Don't worry about it." Dismisses their feelings
- "That won't happen to us." Creates false reassurance

AGES 12-18

"It's not right for people to be treated unfairly because of where they're from. This hurts kids and families."

- Acknowledge their awareness
- Encourage healthy ways to process: writing, talking, art, advocacy.

EMOTIONAL SUPPORT FOR ALL AGES

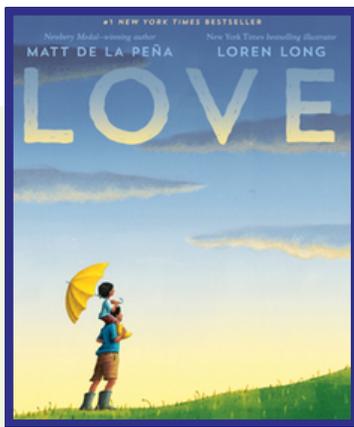
"It's okay to feel scared or frustrated. What matters is we talk about it and help each other feel better."

- Encourage breathing, drawing, or journaling

WHAT TO SAY **INSTEAD**

"You're not alone in this. People are trying to help, and I'm one of them. If you ever feel scared, we can talk about it together."

Plan for emergencies. Use our Family Preparedness Toolkit: childnet.org/immigration-resources



FOR READING TOGETHER

LOVE

By Matt de la Peña • Illustrated by Loren Long

This thoughtful picture book explores how love lives in our everyday relationships, especially during difficult moments. Through gentle words and expressive illustrations, the story shows that love isn't just found in joyful times, but also in moments of struggle, uncertainty, and healing. This book offers children a reassuring reminder that they are held, seen, and cared for, even when life feels hard, making it a beautiful read for nurturing connection and emotional safety.

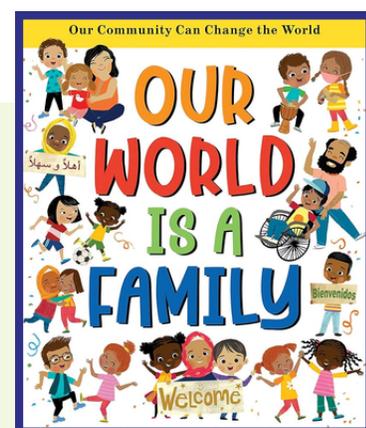
FOR READING TOGETHER

Our World Is a Family: Our Community Can Change the World

by Miry Whitehill and Jennifer Jackson

When we see someone new in our neighborhood, how can we help them feel safe and loved and important? How can we tell them, you're not alone?

Learn how to welcome new neighbors into your community, particularly when they might be far from home, with this uplifting and diverse picture book that champions human connection and inclusivity. After all, the world is everyone's home and we are one big family!



CONNECTING CONVERSATIONS

Offering Comfort in Scary Times

After a violent event, children of different ages will have different needs. These age-based strategies can help them feel safer and more secure.



AGES 0-3

As much as possible, completely protect children from knowing anything at all about the incident.



AGES 4-5

Children may be concerned about your safety or being separated. Explain all the ways grown-ups can keep them safe—if they're afraid of an event that happened far away, use the distance to reassure them.



Source: Sesame Street • Violence Resources

[READ MORE](#)

PRACTICE PRINCIPLE **4**

REFLECTIVE PRACTICE



Reflective practice invites professionals to slow down and look inward to pay attention to their own thoughts, feelings, and reactions as part of their work with infants and families. This principle reminds us that *how* we show up matters. By increasing self-awareness and curiosity, practitioners are better able to understand the experiences and emotional worlds of both children and caregivers.

Taking time to reflect supports empathy, strengthens relationships, and helps professionals respond thoughtfully rather than automatically. When caregivers and families feel truly seen and understood, trust grows. And that trust is essential for supporting healthy development and strong early relationships.

Self-Awareness

Taking time to notice our own thoughts, feelings, and reactions helps us better understand how we show up with infants, families, and caregivers.

Curiosity & Perspective-Taking

Reflective practice encourages us to pause and wonder about what an infant or caregiver might be experiencing, which strengthens empathy and reduces assumptions.

Thoughtful Responses

By slowing down and reflecting, professionals are better able to respond with intention to support stronger relationships rather than reacting on autopilot.

A circular inset image showing a woman sitting on the floor with four children. They are all smiling and looking towards the camera. The woman is wearing a white shirt and the children are wearing various colorful clothes.

WHY THIS MATTERS

For Nevada's Workforce

As you think about your work with infants and families, what personal experiences, assumptions, or emotions might be influencing how you listen, respond, or make decisions? How can reflection help you stay present and curious?



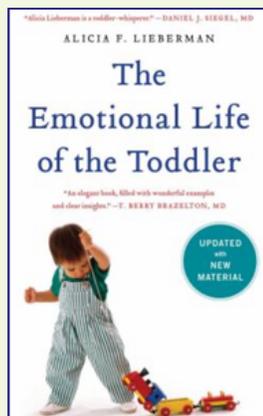
PROFESSIONAL DEVELOPMENT



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 books are still available!



Or email us:
info@nvaiecmh.org

Offered in partnership with First5 Nevada • Book clubs starts in March



THE IMPORTANCE OF PLAY

THUR. 03.05.2026 • 3:00 - 4:30pm PST

VIRTUAL WORKSHOP



REGISTER HERE

Join us for a 1.5 hour workshop on the importance of play for young children. In this workshop, participants will learn how play nurtures children and helps them build relationships with peers and adults. We will also discuss the stages of play from birth through age 3. Come spend the afternoon with us to build your strategy toolbox for promoting and enhancing positive playful interactions.

This training meets competencies for Endorsement AND provides 1.5 CEUs for MFT, CPC, & LCSWs.

RSC OPPORTUNITIES



Pay It Forward RSC

Are you an endorsed members with an active Endorsement application? Apply to receive free RSC now with an agreement to “pay it forward” by providing RSC for others next year. Limited spots available.

[PAY IT FORWARD](#)

Looking for Reflective Supervision and Consultation?

Groups with Endorsed RSC providers are forming soon. Click the button below to sign up and stay connected for details, start dates, and registration information.

[RSC GROUP INTEREST](#)