



# Infant and Early Childhood Mental Health

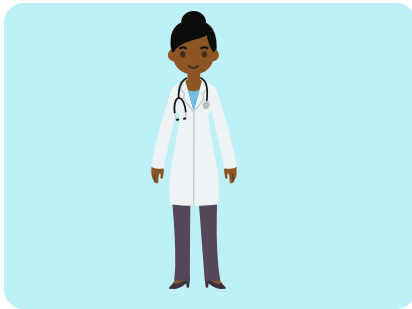
## Resource Toolbox



# Welcome

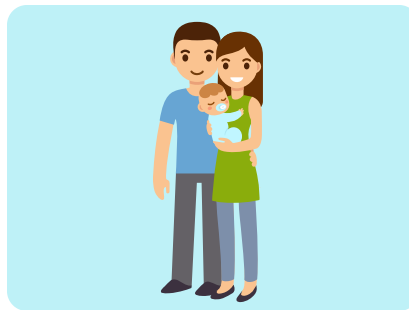
Thank you very much for your interest in this Infant and Early Childhood Mental Health (IECMH) Resource Toolbox. Recognizing that the vast and ever-growing array of IECMH resources available can be overwhelming, the American Academy of Pediatrics Council on Early Childhood in partnership with Zero to Three have compiled a selection of resources that are infant mental health-informed, high quality, from highly respected organizations, and available for free online. The resources are organized by targeted audience, i.e., medical providers, parents/caregivers, and child-friendly.

## How to use:



### Medical Providers

These resources are suggested as ways to educate and promote professional development in the area of infant and early childhood mental health. Resources in this category include (1) tools that can be implemented in clinic, (2) crosswalk between infant mental health principles and Bright Futures© anticipatory guidance, (3) video of Dr. Siegel's simple explanation of emotional and conscious brain function using a hand-model that can be taught to parents and children, (4) webinar and printed information on Relational Health, and (5) brief self-care strategies.



### Parents/Caregivers

These resources are options for medical providers as supplementary to anticipatory guidance and/or discussion on infant and early childhood behavior. We have included an infographic, short videos, handouts, and a phone app with educational and practical approaches to care and behavioral management promoting relational health and resilience for parents of infants and toddlers. A 1-page flyer on self-care for parents is also included.



### Child-Friendly

This is a collection of downloadable children's books and online videos that medical providers can recommend to parents in support of infants' and young children's emotional development and stress management, including stories, activities, video breathing and yoga exercises. Adult participation is encouraged for all of the suggested resources.

***We hope you find these resources useful in serving families and promoting relational health and the social and emotional development of infants and young children.***



**Find strategies and resources to promote early relational health, family strengths, and research based approaches to traumatic stress.**

# Medical Providers

## **What is Infant & Early Childhood Mental Health video**

Watch this video (03:28) as Sherri Alderman, MD, FAAP defines and clarifies what infant and early childhood mental health is using both the World Health Organization's view of health and Dr. Siegel's definition of infant mental health.

Sources: American Academy of Pediatrics Council on Early Childhood

Links: <https://www.youtube.com/watch?v=PW3iLkGk4pU&feature=youtu.be>



## **The First 1,000 Days: Bright Futures Examples for Promoting Early Brain and Child Development**

This 3-page grid, from the AAP Early Brain and Child Development Program website, crosswalks simple strategies for promoting social and emotional development at well-child visits from 4-36 months.

Source: American Academy of Pediatrics

Link: [https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/EBCD/Documents/EBCD\\_Well\\_Child\\_Grid.pdf](https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/EBCD/Documents/EBCD_Well_Child_Grid.pdf)

# Medical Providers

## Medical Traumatic Stress: What Health Care Providers Need to Know

This tri-fold printable brochure is a brief overview of traumatic stress and an approach to considering and asking about traumatic stress using a “Distress, Emotional Support, and Family” approach. Guidance includes prevention and supportive strategies.

Source: National Child Traumatic Stress Network

Link:

[https://www.nctsn.org/sites/default/files/resources//medical\\_traumatic\\_stress\\_what\\_health\\_care\\_providers\\_need\\_to\\_know.pdf](https://www.nctsn.org/sites/default/files/resources//medical_traumatic_stress_what_health_care_providers_need_to_know.pdf)



## Siegel Brain Model

In this video (2:31), Dr. Siegel uses a simple hand model of the brain to briefly explain emotional and cognitive function.

Source: Dr. Dan Siegel

Link: <https://www.youtube.com/watch?v=qm9CIJ740xw>

# Medical Providers

## Strengthening Families

This 2-page downloadable document, *Strengths-Based Practice in Troubled Times*, from Strengthening Families™, aligns with their research-informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect. This document outlines 6 strategies for supporting parents and a reminder of the importance of providers' self-care.

Source: Center for the Study of Social Policy Link:  
<https://cssp.org/wp-content/uploads/2020/05/Strengthening-Families-COVID-tool-for-workers-FINAL.pdf>



## Building Relationships: Framing Early Relational Health

Early relational health (ERH) is an emergent term drawing attention to the essential early relational experiences that contribute to infant/toddler development and overall child and family well-being. Resources included here: (1) *Early Relational Health: An Introduction, webinar* (1:09:17) & slide deck (31 slides) where David Willis, MD, shares examples of early relational health promotion in general pediatric practice, among caregiving professionals, and parents, and the broader community and (2) FrameWorks' 34-page published document, *Building Relationships: Framing Early Relational Health*.

Sources: Center for the Study of Social Policy & FrameWorks

Links:

- <https://cssp.org/resource/early-relational-health-community-level-strategies/> (recording)
- <https://cssp.org/wp-content/uploads/2019/06/Early-Relational-Health-Webinar-6.12.19.pdf> (slide deck)
- <https://www.frameworksinstitute.org/wp-content/uploads/2020/06/FRAJ8069-Early-Relational-Health-paper-200526-WEB.pdf> (document)

# Medical Providers

## Three Daily Mindfulness Practices for Healthcare Workers

This website provides three simple practices that healthcare workers can use in their everyday activities for self-care and stress relief. Scrolling down on the home page, two such practices include A Mindful Way to Wash Your Hands and The Doorknob or S.T.O.P. Practice.

Source: Mindful: Healthy Mind, Healthy Life

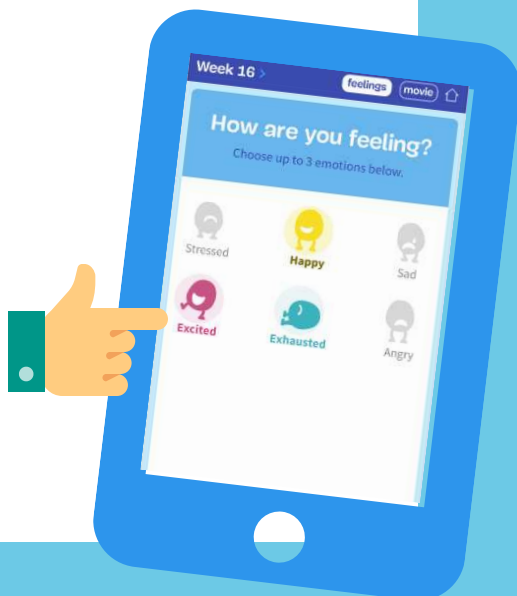
Link: <https://www.mindful.org/three-daily-mindfulness-practices-for-healthcare-workers/>







**Infographics,  
Videos,  
Apps,  
Articles,  
And more!**



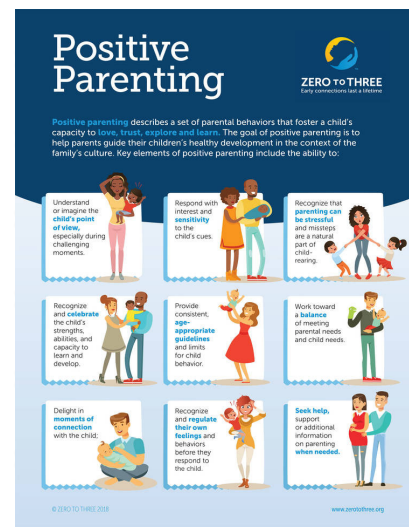
# Parents/ Caregivers

## Positive Parenting Infographic

This online infographic highlights nine parenting behaviors that are associated with the development of a secure parent-child attachment, including responding sensitively to children's cues, providing age-appropriate limits, and taking delight in moments of connection.

Source: ZERO TO THREE

Link: [www.zerotothree.org/positiveparenting](http://www.zerotothree.org/positiveparenting)



## 5 Tips for Responding to Toddler Sass

This online parent resource explains why toddlers are driven to be independent, and provides simple strategies for responding to these behaviors, including *prevention*, *empathetic responses*, *age-appropriate limits*, "picking your battles", and finding support.

Source: ZERO TO THREE

Link: <https://www.zerotothree.org/resources/2463-5-tips-for-responding-to-toddler-sass>

# Parents/Caregivers

## The Developmental Relationships Framework

This free, online, downloadable 1-page flyer, available in English and Spanish and written at a seventh grade level, outlines five elements of developmental growth through relationships with important people in the young child's life, actions that the caring adults can strive to achieve, and brief 'definitions' of what each action looks and feels presented through first-person, young child's voice.

Source: Search Institute

Links: [https://www.search-institute.org/wp-content/uploads/2018/05/Developmental-Relationships-Framework\\_English.pdf](https://www.search-institute.org/wp-content/uploads/2018/05/Developmental-Relationships-Framework_English.pdf)

[https://www.search-institute.org/wp-content/uploads/2018/05/Developmental-Relationships-Framework\\_Spanish.pdf](https://www.search-institute.org/wp-content/uploads/2018/05/Developmental-Relationships-Framework_Spanish.pdf)

## Self-Regulation Tips

This short YouTube clip (02:53) walks caregivers through simple, everyday tips to help support infant and toddler self-regulation skills.

Source: 1 to 1 Therapy Services

Link: [https://youtu.be/oDRj\\_1sqZPk](https://youtu.be/oDRj_1sqZPk)





# Parents/Caregivers

## Building Resilience in Troubled Times: A Guide for Parents

This free, downloadable 3-page resource drawn from Strengthening Families™ outlines five “protective factors,” or strengths, that all families need to thrive in times of stress and provides suggestions on how to accomplish each one: Resilience, Social Connections, Concrete Support, Knowledge of Parenting and Child Development, Social and Emotional Competence.

Source: Center for the Study of Social Policy

Link: <https://cssp.org/wp-content/uploads/2020/05/Strengthening-Families-Building-Resilience-in-Troubled-Times-1-2col.pdf>

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## Responding to Children's Emotional Needs & Good Enough Parenting

This video (04:23) focuses on the importance and challenges inherent in parenting using the *Circle of Security*® model and conveys a message of hope and empowerment for parents and caregivers in supporting their child's social and emotional development.

Source: Circle of Security

Link: <https://www.youtube.com/watch?v=1wpz8m0BFM8>



# Parents/Caregivers

## Helping Toddlers and Young Children Manage Intense and Hard Feelings

This video (04:53), *Tantrums, Defiance, Aggression—Oh My!* designed for parents, offers guidance on how to help their young child cope with feelings by providing emotional support and limits that are appropriate to their child's age and developmental stage.

Source: ZERO TO THREE

Link: <https://www.zerotothree.org/resources/29-tantrums-defiance-aggression-oh-my>



## Small Moments, Big Impact (SMBI)

This free online resource and iPhone app, developed by Dr. Barry Zuckerman and colleagues at Boston Medical Center, support parents during their baby's first six months by focusing on the parents' relationship with their baby and feelings of love, stress, fatigue, frustration, and hope. SMBI includes 24 weeks of mothers' and fathers' stories, videos of mothers and fathers interacting with their baby, promotion of self-reflection, opportunities to express thoughts and feelings, and prompts to make videos of the baby. Work is underway to translate into Spanish and extend beyond six months.

Source: Boston Children's Hospital

Link: [www.smallmomentsbigimpact.com](http://www.smallmomentsbigimpact.com)

<https://apps.apple.com/us/app/small-moments-big-impact/id1495749073>

# Parents/Caregivers

## Talking to Children About Racial Bias

In this article, posted online and accessible in English and Spanish, two pediatricians provide information on children learning about race starting as young as six months old and strategies parents can use to teach their children about racial differences and racism. The article also includes additional links to more information on culture and diversity, children's books, and apps and games.

Source: American Academy of Pediatrics

Link:

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx>



## Self-Care for Parents/Caregivers

This 1-page downloadable flyer briefly outlines seven tips a parent can do as “you time” to reduce stress and be better able to care for their children.

Source: Sesame Street in Communities

Link: <https://sesamestreetincommunities.org/topics/health-emergencies/?activity=self-care-3>





**Children's  
books,  
Videos,  
Calming  
exercises.  
coloring  
books,  
and more!**

# Child Friendly

## Time to Come in, Bear video

This gently narrated animation video (01:40) for very young children, available in English, Spanish and American Sign Language, is a story set to rhyme about Bear's indoor coping activities while 'the world has a cold.' Parent/caregiver participation is encouraged.

Source: National Child Traumatic Stress Network  
Links:

- [https://www.youtube.com/watch?v=DA\\_SsZFYw0w&t=11s](https://www.youtube.com/watch?v=DA_SsZFYw0w&t=11s) (English)
- <https://www.youtube.com/watch?v=F7vImqmU9vs&t=3s> (Spanish)
- <https://www.youtube.com/watch?v=MuNVQuytGYo> (American Sign Language)

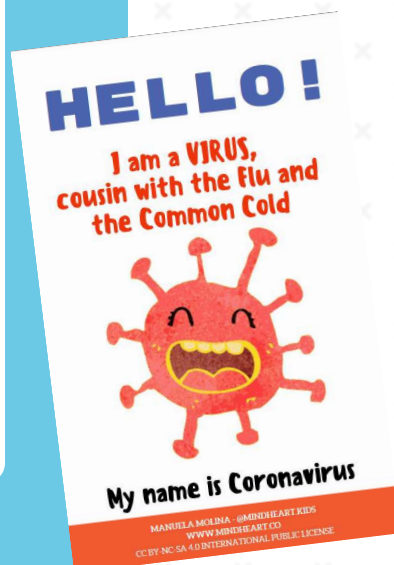
## Covibook Coloring Book

This 12-page, downloadable book for children (3-5 years), available in 25 languages, is created to support and reassure children regarding COVID-19. Designed for parent-child interaction, the book honors and invites exploring big emotions together. Parent/caregiver participation is encouraged.

Source: Mindheart

Link:

<https://www.mindheart.co/descargables?fbclid=IwAR2QKUFjengHHQmpSrUxVm qUrhibWyoEkJ00Q6WCCZZproa2MLJp ECmdNLs>



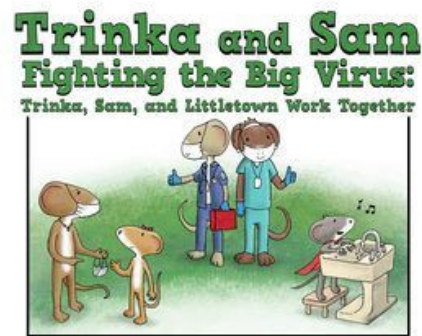
# Child Friendly

## Trinka & Sam

This free, downloadable children's book, available in six languages (English, Spanish, Simplified Chinese, Portuguese, Finnish, and Traditional Chinese, with new language onboarding as available), is a story to help young children and families talk about their experiences and feelings related to COVID-19. The storybook can be read over multiple sittings. The storybook doubles as a coloring book and is accompanied by a parent guide and booklet of responses to common questions children may ask. Parent/caregiver participation is encouraged.

Source: Pipo Productions & National Child Traumatic Stress Network

Link: <https://piploproductions.com/>



## Relaxed Breathing Training

This animated video (01:00) is designed to help a child (2-5 years) pace their breathing with the blow fish's in and out breathing. Parent/caregiver participation is encouraged.

Source: YouTube Kids

Link: <https://www.youtube.com/watch?v=qLbK0o9Bk7Q>





# Child Friendly

## Calming Exercises for Kids: Breathing and Stretching

This short, animated video (03:59) aims to help children (3-5 years) manage big emotions they experience. It includes some simple breathing and stretching exercises set to gentle music to help children release tension and calm down when they are feeling stressed, frustrated, or anxious. Parent/caregiver participation is encouraged.

Source: YouTube Kids

Link: [https://www.youtube.com/watch?v=cyvuaL\\_2avY&t=92s](https://www.youtube.com/watch?v=cyvuaL_2avY&t=92s)

