

Babies, Brains and Relationships:

Addressing the Social-Emotional & Mental Health Needs of Infants and Toddlers in Our Daily Work

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Today's Topics

- Setting the Stage: Babies, Brains and Relationships
- What Relationships Do
- Stress and Trauma
- Early Memories ... Later Behavior
- Young Children Face Great Challenges
- Meeting Needs Day to Day
- Resources

www.earlychildhoodpolicy.com/ECTrain.html



Setting the Stage: Babies, Brains and Relationships

(aka – Why Focus on Infants and Toddlers?)

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Brain Changing Prime Time

- Newborn – 400 grams
- 3 Year Old – 1100 grams
- Adult – 1500 grams

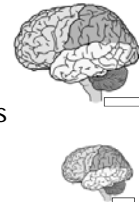


Image: www.brainconnection.com
© 1999 Scientific Learning Corporation

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Experience Changes the Brain

- "...our experiences are what create the unique connections and mold the basic structure of each individual's brain."
 - Siegel, D., Hartzell, M. (2003)
- "Neurons that fire together, wire together." – Hebb's Law
 - Donald Hebb (1949)
- Today will change your brain!

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Building "Normal"



"Normal is as normal does --- every day."
(Sheri Hill)

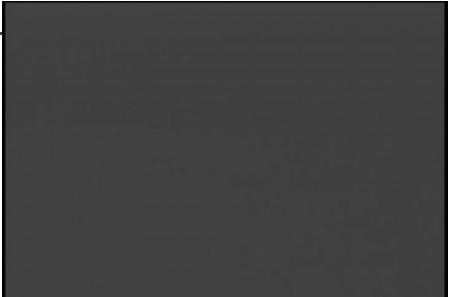
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Babies Come Relationship Ready



Babies are born (hard-wired) to fit into social relationships

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Serve and Return

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The Brain in Relationship

- Monkey See – Monkey Do
- Video Learning a No Go for Babies
- Sharing Brain Wave Patterns



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What Relationships Do


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Early Relationships Are Important !!!

“Each achievement – language and learning, social development, the emergence of self-regulation – occurs in the context of close relationships with others.”

- From Neurons to Neighborhoods, National Academy of Science, 2000

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The Attachment System

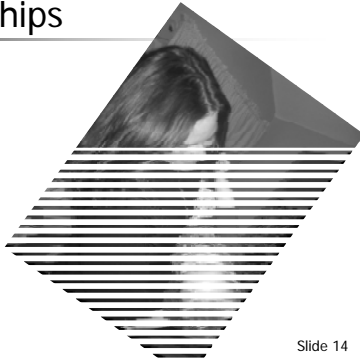
- "A healthy, secure attachment generally means the child has been supported in:
 - learning coping skills,
 - helped to adapt to changes
 - learned to contain and soothe distress,
 - and learned to self-regulate their emotions and behaviors."
- *Healthy Attachment for Very Young Children in Foster Care* by JoAnne Solchany and Lisa Pilnik, pg 87.

Vol 27, No 6 Aug 2008, www.childlawpractice.org
 (Available to download on Dr. Hill's website)

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Hallmarks of Attachment Relationships

Clear preferences for a small number of caregivers that emerges over the first year of life.



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Skills Are Developed In Relationships

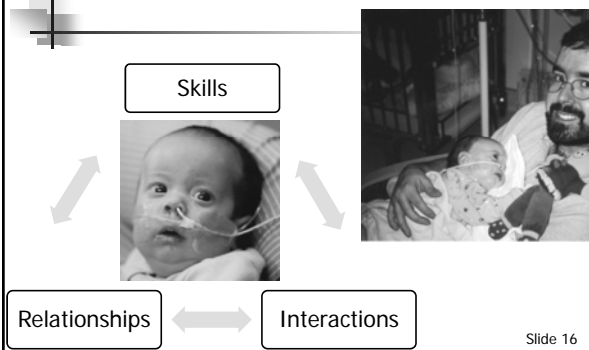


"The computational brain is controlled by the social brain"

Shonkoff, Seattle, 1/7/10

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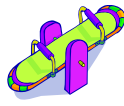
Skills Impact Relationships



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Relationships ↔ Service Delivery

HOW YOU ARE




WHAT YOU DO

Equally Weighty

(Pawl & St. John, 1998 in Foley & Hochman, 2006)
 (Edelman, L (2004) A Relationship-Based Approach to Early Intervention.)
www.nectac.org/topics/families/famassess.asp

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"I don't care how much you know until I know how much you care."-- Opalanga Pugh

(Browne and Talmi, 12/10/10, NTI Phoenix, AZ)

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Relationships Move Change for Families



- Provider-Parent Relationships Predict Intervention Outcomes
(Kelly, 1999 in Edelman, 2004)
- "It takes a relationship to build a relationship."
(Shahmoon-Shanok, 2003 in Foley & Hochman, 2006)

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Relationships Set Biological Stress Systems

Stress Types

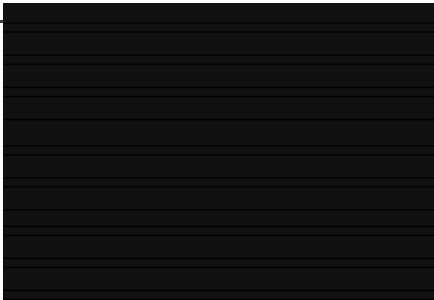
- Positive
- Tolerable
- Toxic



National Scientific Council on the Developing Child
www.developingchild.net

"The good, the bad and the ugly."
(Tronick)

Setting the Stress Thermostat



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Stress and Trauma

Bodily Impacts in the Short and Long Term

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Violence and Breath

Community violence and parental conflict impacts early childhood lung function.

- Similar magnitude as:
 - Prenatal tobacco smoke exposure
 - Postnatal environmental tobacco smoke
■ Suglia, et al. (2008)

"Violence takes their breath away." (S.Hill)

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Adverse Childhood Experiences are Common

Household Dysfunction	WA (2009) BRFSS	
■ Substance Abuse	27%	31%
■ Parental Separation/Divorce	23%	25%
■ Mental Illness	17%	23%
■ Mother Treated Violently	13%	16%
■ Criminal Behavior/Incarceration	6%	7%

www.acestudy.org

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ACES Increase Health Risks


Negative Adult Health Outcomes

The Health and Social Impact of Growing Up With Adverse Childhood Experiences:
The Human and Economic Costs of the Status Quo

For information on new efforts around ACES in Washington State go to:
www.fpc.wa.gov

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Relationships are Important!



“Early Life Experiences are Built Into Our Bodies (for Better or for Worse)”

Shonkoff, 1/7/10


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Early Memories

Babies Do Remember!

Routines and Memory

When patterns get constantly repeated, a baby begins to form prototypes or schemas - a mathematical average of these events.



- Daniel Stern, M.D., Wash.D.C., 2000




Babies form expectations of the way the world 'is' around them.

Expectations and Memory

“Representations of how things happen”

Stern, D., Wash.D.C., 2000




This summary of experiences becomes part of memory.

First Memories - Implicit Memory

"Implicit memory is a form of nonverbal memory that is present at birth and continues throughout the life span."

- Siegel, D., Hartzell, M. (2003)


Amygdala



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Explicit Memory

- Autobiographical Memory
- Narrative Memory
- Hippocampus Based
 - Not developed until about 3 and continues development until early 20s



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..... Later Behavior

Early Memories And Your Work

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Implicit Memory

Living in
Amygdala
Land



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Implicit Memory

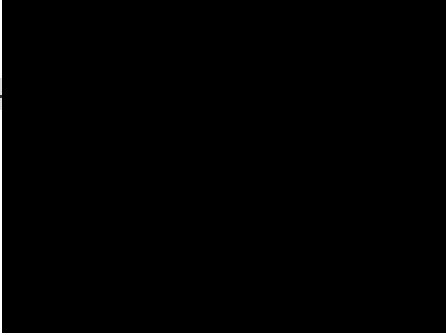
- Comfort Food
- Post-Traumatic Stress Disorder
 - "Trauma Lives in the Body" (Lieberman, 2005)
 - "Push into the mouth of the terror" (Siegal, 2008 – www.seedsofcompassion.net)

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Implicit Memory and Caregiving

- Why cut that ham?
- Powerful Remembering Context
 - Winnicott
- Babies Bring Up Your Stuff!!!

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Video Courtesy of Circle of Security in Spokane

www.circleofsecurity.org

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Young Children Face Great Social-Emotional & Mental Health Challenges


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Maltreated Children in WA

- Cases Accepted for Investigation
 - 0-3 Year Olds: 32% of Victims
- Children in Out-of-Home Care
 - 0-3 Year Olds: 29.8%
 - Nichols, Orme (9/16/09) The Children in Washington's Child Welfare System
 - www.accountabilityinchildwelfare.org

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Foster Care



Infants are the largest group of children to enter, remain in and re-enter foster care and the least likely to reunify with their biological families.

- F. Wulczyn & K.B. Hislop, *Zero to Three*, April/May 2002

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Domestic Violence

- Children under age 5 are more likely than older children to be present in homes in which domestic violence occurs.
 - Fantuzzo, Brouch, Beriama, & Atkins (1997) in Lieberman & Van Horn (2008) p 40
- Almost half of children in families receiving King County Family Court Domestic Violence services were under the age of 5.
 - King County Family Court Services 2004


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Young Children in Child Care

- Colorado 0-5 year olds (low income)
 - 23% of children were identified as having significant emotional behavioral problems

Gould, M. (2000)
- Illinois 0-3 year olds
 - 16%-24% had significant social-emotional problems

Colin et. al. (2003)



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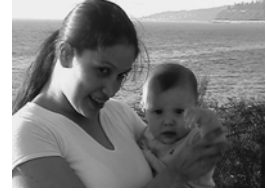
Young Children OUT of Child Care

- Washington 3-5 year olds
 - 1 in 10 pre-K teachers expelled a child
 - Twice the rate of school-age children.
 - Gilliam, W. (2005)
- Illinois 0-3 year olds
 - 42% of programs had asked families to withdraw their infant or toddler
 - Program was unable to handle the child's social and emotional problems
 - Colin et al. (2003)

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Relationship Changes Matter

Young children grieve when their attachment relationships are disrupted – regardless of whether we as adults would consider it a positive, less than adequate or even abusive relationship.



■ *Neurons to Neighborhoods*

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"Babies don't see legal or blood relationships -- they only see interpersonal relationships."

Hill, S. & Solchany J. (November, 2005) Mental Health Assessments for Infants and Toddlers. *ABA Child Law Practice*.

Available to download at: www.earlychildhoodpolicy.com/courttrain.html

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Babies and Toddlers Do Have Mental Health

- Infant mental health is the capacity of the child from birth to three to experience, regulate and express emotions; form close and secure interpersonal relationships; and explore the environment and learn.
- **Infant mental health is synonymous with healthy social and emotional development.**



■ www.zerotothree.org

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Babies Can Suffer

- Traumatic Stress Responses (PTSD) and Depression have been clearly and repeatedly identified in babies 4-6 months old
- ZERO TO THREE: National Center for Infants, Toddlers, and Families. (2005) Diagnostic Classification of Mental Health and Development Disorders of Infancy and Early Childhood, Revised (DC:0-3R)

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Taking Care of Social-Emotional and Mental Health Needs Day to Day

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Make Time to SLOW DOWN

Relationships Need Patience

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Remember the Whole Family

- Nearly half (47%) of parents turn to their mother or mother-in-law when seeking information about parenting
 - ZERO TO THREE 2009 National Parent Survey



Slide 50 www.zerotothree.org/parentsurvey

Relationships Are Based in Culture

- Two thirds of parents say their faith or religious background has a major (41%) or moderate (34%) influence on their approach to child rearing.
 - ZERO TO THREE 2009 National Parent Survey
- A baby can be understood only through the cultural outlook of the adults interpreting him.
 - Lieberman (1990)

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Value Social-Emotional Development

Talk about
FEEL-ings
not just
DO-ings.



IDEA Infant & Toddler Coordinators Association – Infant Mental Health Approaches and IDEA Part C Position Paper
www.ideainfanttoddler.org/position_statements.htm

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Common Misunderstandings

- Only 30% of parents know a child can experience sadness and fear by 6 months of age.
- 1 in 5 parents think a child can control their emotions, such as not having a tantrum when frustrated by 2 years old.
 - ZERO TO THREE 2009 National Parent Survey
 - www.zerotothree.org/parentsurvey

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Consider Trauma

- What have they seen?
- What have they experienced?

[Many Faces of Trauma
www.traumaresources.org](http://www.traumaresources.org)

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"The Body Keeps the Score" Lieberman

- Frequent and prolonged bouts of crying
- Unresponsiveness to soothing
- Muscle flailing, rigidity, agitation and restlessness
- Feeding disturbances
- Sleep disturbances
- Weight loss, diarrhea, vomiting and skin rashes that have no detectable organic cause
- Increased startle response


Symptoms You Might See

- Immature behavior or regression in skills
- Temper tantrums
- Clinging/inability to separate
- Less likely to explore/play
- Lack of social responsiveness
- Hurts self
 - Banging head; bites, pinches or scratches self

■ (Osofsky, 2005), (Lieberman et al, 2006)

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Value Adult Emotions



How are the grown-ups feeling?

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Common Misunderstandings

- Only 34% of parents know a child can sense if parents are angry or sad and can be affected by these moods
 - Parents under 25 (41%)
 - Mothers (39%)
 - African American and Hispanic Parents (28%)

■ ZERO TO THREE 2009 National Parent Survey

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Support Caregiver Mental Health & Well-Being




- Remember Caregiver State of Mind Matters
- Help Parents and Caregivers De-Stress
- Support Treatment When Available

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Reflect on What You Bring

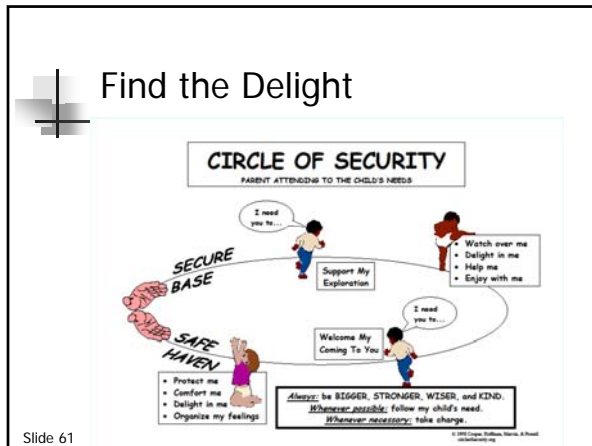
What factors influence your thinking?

What is your shark music?



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Find the Delight



Support Practice Time

Relationships Need Practice

The magic of everyday moments.

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Don't Forget the Basics

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(Almost)
Everything I Need to Know
About Being a Parent
in
25 Words or less

- *Always:* be **BIGGER, STRONGER, WISER, and KIND.**
- *Whenever possible:* follow your child's need.
- *Whenever necessary:* take charge.

© Cooper, Hoffman, Marvin, & Powell - 1998 circleofsecurity.org

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Help Everyone Remember



- You can't spoil a baby!!
- And

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Early Relationships Are Important!

Resources to Help

(Starting Mostly in WA)

S = Resources Available in Spanish

Keep an Eye Out for Depression

Speak Up When You're Down!

- www.speakup.wa.gov
- 1-888-404-7763
- A statewide public post partum depression awareness campaign
- Great info
- Local and national resources



Do they have family support?

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Keys to Perinatal Depression

- A free, web-based training program for nurses, social workers, mental health providers and other health professionals.
- Developed by Dr. Barnard, Dr. Rebecca Kang and others working with First Steps at Stepping Up Washington.

<http://steppingup.washington.edu/keys/default.htm>

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Keys Modules

- Module I: *Understanding and Assisting Women with Perinatal and Postpartum Mood Disorders*
- Module II, *Relationship Focused Practice*
- Module III, *Screening for Perinatal Depression*
 - Two no-cost, self-administered detection and measurement tools are introduced and their application is demonstrated.

S

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Early Support for Infants and Toddlers

Washington State Part C Early Intervention Program for Infants and Toddlers with Developmental Delays and Disabilities

S www.del.wa.gov/development/esit

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WA Part C Early Intervention System Improvement Project

www.del.wa.gov/development/esit/system.aspx

- This system improvement work is an 18-month project (April 2010 - September 2011) made possible by one-time American Recovery and Reinvestment Act funds (federal economic stimulus dollars). This funding opportunity allows Early Support for Infants and Toddlers (ESIT) to come together with the community to improve how Washington meets the needs of families with very young children with delays or disabilities.
- Please check this website regularly for materials and resources related to this system improvement work, and monthly progress updates.

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WA Early Learning Plan

- Department of Early Learning
www.del.wa.gov/plan/
- Infant and Toddler Plan
www.del.wa.gov/partnerships/infant/
- Office of Superintendent of Public Instruction
www.k12.wa.us/earlylearning/

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Supporting Caregivers

- Resources for Kinship Caregivers **S**
 - www.dshs.wa.gov/kinshipcare/
 - Great example there of an easy form so that relative and other non-parental caregivers can take kids in for health care
- Washington Information Network (WIN) 2-1-1 www.win211.org

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A WA MH-EI Partnership Example: C.H.E.R.I.S.H.

- **C**hildren **E**ncouraged by **R**elationships **I**n **S**ecure **H**omes
- A complete developmental evaluation for children age 0-3 including assessing for emotional or adjustment issues
- A therapeutic home-visiting program
- Stepping Stones preschool class for ages 18-30 months
- A bi-monthly discussion group for Kindering Center foster parents and relative caregivers of children age 0-6
- Individual consultation with a staff social worker

www.kindering.org/743.html

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WA Early Childhood Resources

- Department of Early Learning: **S**
www.del.wa.gov
- Parent Trust for Washington Children: www.parenttrust.org They also have a Family Help Line 1-800-932-HOPE (4673).
 - Conscious Fathering – specifically for dads

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WA Early Childhood Resources

- Foundation for Early Learning (see resources) **S**
 - *Ten Simple Ways to Encourage Learning.*
www.earlylearning.org
- Thrive by Five Washington – **S**
www.thrivebyfivewa.org
- Talaris – www.talaris.org
- Parenting Counts – www.parentingcounts.org

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WA Early Learning Symposium

Applying the Science of Early Childhood Development to State Policy and Practice: a Case for Action and a Call for Innovation
(Nov. 2010)

www.casey.org/resources/events/earlylearning/wa/default.htm

- Watch videos of proceedings
- Lots of great local and national resources

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WA General Childhood Resources

- www.parenthelp123.org (WithinReach) **S**
 - This website includes a benefit calculator for services such as food stamps and health insurance.
- Resources for Families with Incarcerated Parents **S**
 - www.dshs.wa.gov/incarcerated/

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How is the child developing?

- Child Profile – Developmental Charts and Letters
 - www.childprofile.org A WA Resource **S**
- WithinReach – A WA Resource
 - www.withinreachwa.org or 1.800.322.2588
 - Connections to your local early intervention program.
- www.cdc.gov/actearly **S**
- www.cdc.gov/parents/infants/

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Screening for SE & MH Needs

- Developmental and Social-Emotional Screening of Young Children in MN
 - www.health.state.mn.us/divs/fh/mch/devscrn/
- Developmental Screening and Assessment Instruments with an Emphasis on Social and Emotional Development for Young Children Ages Birth to Five (NECTAC, 2008)
 - <http://nectac.org/~pdfs/pubs/screening.pdf>
- A Guide to Assessment in Early Childhood: Infancy to Age Eight. Washington State Office of Superintendent of Public Instruction. 2008
 - www.k12.wa.us/EarlyLearning/pubdocs/assessment_print.pdf
- Screening for Social Emotional Concerns: Considerations in the Selection of Instruments (TACSEI January, 2009).
 - www.challengingbehavior.org/do/resources/documents/roadmap_1.pdf

Regional Public Health Activity

- Northwest Bulletin
 - Serving maternal and child public health professionals in AK, ID, OR, and WA <http://depts.washington.edu/nwbfch/>
- Topics of Interest
 - Military Families – Summer 2010
 - Preventive Oral Health Care – Winter 2010
 - Domestic Violence – Winter 2009
 - Off to a Good Start: Mental Health Promotion for Young Children -- Winter 08
 - Preventing Perinatal Depression -- Summer 07

Book Recommendations: For All Caregivers

- Siegel, D. & Hartzell, M. (2004) *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive*. New York, NY: Penguin Paperback.
- Gottman, J (2004). *What am I feeling? The Five Steps of Emotion Coaching*. (There is a DVD that goes with this book that can be found at: www.gottman.com)
- Greenspan, S (2000). *Building Healthy Minds: The Six Experiences that Create Intelligence and Emotional Growth in Babies and Young Children*. Cambridge, MA: Perseus Publishing.

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ZERO TO THREE – For Parents

www.zerotothree.org

Many of the resources at their [bookstore](#) come in Spanish and free materials (see below) can be purchased there in full color print. **S**

- **What's Best for My Baby and Me?:**
 - A 3-Step Guide for Parents (comes in packs of 12)
 - Dr. Hill's favorite for families
- Tons of Free Parent Brochures and Guides **S**

www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/free-parent-brochures-and-guides.html

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More IMH and Depression Resources

www.ProjectABC-LA.org **S**

- Infant Mental Health materials for parents and professionals. Don't miss their materials page: www.projectabc-la.org/resources/materials.php
- Short video related to [Infants of Depressed Mothers Living in Poverty: Opportunities to Identify and Serve](#)
www.urban.org/publications/500205.html

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Pyramid Model for Promoting Social-Emotional Competence in Infants and Young Children

- Technical Assistance Center on Social Emotional Intervention (TACSEI) for Young Children
www.challengingbehavior.org
- Center on the Social and Emotional Foundations for Early Learning (CSEFEL)
<http://csefel.vanderbilt.edu/> **S**
 - Tons of great handouts for parents too like "Reading Your Child's Cues from Birth to Age 2" & "Making Life Easier: Running Errands"

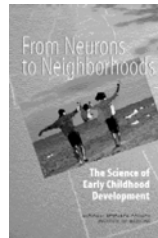
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More Resources for Parents

- A Family Guidebook: Supporting Development of Newborns and Infants www.eicolorado.org **S**
- She's One Smart Mom, She's Got: www.Text4Baby.org
 - Text BABY to 511411
 - Envía BEBE al 511411 para Español **S**
 - FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year.
 - Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition.

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From Neurons to Neighborhoods: The Science of Early Childhood Development



Committee on Integrating the Science of Early Childhood Development

**Board on Children, Youth, and Families
Institute of Medicine
National Research Council**

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Good EI Oriented Professional Books

- Foley, G. M. & Hochman, J.D. Editors (2006). *Mental Health in Early Intervention: Achieving Unity in Principles and Practice*. Baltimore, MD: Brookes Publishing.
- Lillas, C. & Turnbull J (2009) *Infant/Child Mental Health, Early Intervention, and Relationship-Based Therapies: A Neurorelational Framework for Interdisciplinary Practice*. New York, NY: WW Norton & Co.
- Williamson, G., & Anzalone M. F. (2001) *Sensory Integration and Self-Regulation in Infants and Toddlers: Helping Very Young Children Interact with their Environment*. Washington, DC: ZERO TO THREE Publishing.

More General Good Professional Resources

ALL ZERO TO THREE PRESS

- V. Buysse & P.W. Wesley, Eds. (2006) *Evidence-Based Practice in the Early Childhood Field*.
- S.S. Heller & L. Gilkerson, Eds. (2009) *A Practical Guide to Reflective Supervision*.
- *Learning Happens* (2007) – 30 video vignettes of babies/toddlers learning skills in everyday interactions.

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Good General IMH Professional Books

- J Martin Maldonado-Duran, Editor (2002). *Infant and Toddler Mental Health: Models of Clinical Intervention with Infants and their Families*. Washington, DC: American Psychiatric Publishing Co.
- Weatherston, D., & Tableman B. (2002) *Infant Mental Health Services Supporting Competencies/Reducing Risks: A Manual for Community Programs*. Michigan Association for Infant Mental Health. www.mi-aimh.org
- Tronick, E (2007) *The Neurobehavioral and Social-Emotional Development of Infants and Children*. New York, NY: WW Norton & Co.

National Scientific Council on the Developing Child

www.developingchild.net

- Collaboration - neuroscience, early childhood development, pediatrics, and economics.
- Don't Miss the In Brief Series!
http://developingchild.harvard.edu/library/multimedia/inbrief_series/
 - Short Videos and 2-Page Briefs On:
 - The Science of Early Childhood Development
 - The Impact of Early Adversity on Brain Development
 - Early Childhood Program Effectiveness

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ZERO TO THREE – National Center for Infants, Toddlers and Families

www.zerotothree.org

- Great stuff for professionals, advocates and parents
 - From Baby to Big Kid - monthly developmental newsletters
 - School Readiness Birth to 3 – interactive learning tool for readiness activities

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This Emotional Life (PBS)

A dynamic interactive website, with a wealth of resources for families, based around the PBS television series on social-emotional and mental health and well-being across the lifespan.

www.pbs.org/thisemotionallife/

www.pbs.org/thisemotionallife/topic/attachment

www.pbs.org/thisemotionallife/topic/postpartum

www.pbs.org/thisemotionallife/campaign/early-moments-matter

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National Technical Assistance Center for Children's Mental Health

<http://gucchd.georgetown.edu/67211.html>

- Georgetown U Center for Child & Human Development
- Lots of great resources and free training conference calls
- Center for Early Childhood Mental Health Consultation :
www.ecmhc.org
 - Free online Trauma tutorial
 - Free downloadable short books to assist caregivers in tracking developmental progress and help young children develop an emotional vocabulary.

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National Early Intervention and Early Childhood TA Sites

- Early Childhood Outcomes Center:
www.fpg.unc.edu/~ECO/
- National Early Childhood Technical Assistance Center
www.nectac.org/default.asp
www.nectac.org/topics/menhealth/menhealth.asp
- Western Regional Resource Center:
www.rrfnetwork.org/wrrc

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Treatment Summary Briefs

- Roadmap to Effective Intervention Practices: Family-Focused Interventions for Promoting Social-Emotional Development in Infants and Toddlers with or at Risk for Disabilities. (September 2010, Diane Powell and Glen Dunlap)

www.challengingbehavior.org/do/resources/documents/roadmap_5.pdf

- Clinical Interventions to Enhance Infant Mental Health: A Selective Review (July 2005, Zeanah, Stafford and Zeanah)

www.healthychild.ucla.edu/publications/IMH%20Evidence%20Review%20FINAL.pdf

- Improving Maternal and Infant Mental Health: Focus on Maternal Depression (July 2005, Ngozi Onunaku)

www.healthychild.ucla.edu/publications/Maternal%20Depression%20Report%20FINAL.pdf

Health Oriented Sites

- American Academy of Pediatrics – Children’s Mental Health
 - www.aap.org/mentalhealth/
- Grantmakers in Health
 - Critical Services for Children: Integrating Mental and Oral Health into Primary Care
www.gih.org/info-url2678/info-url_list.htm?attrib_id=3324
- Docs for Tots – WASHINGTON
 - www.docsfortots.org/DFTWA.asp

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Early Childhood Policy Websites

- ZERO TO THREE Policy Center
 - General Link – They send out great info and updates!
www.zerotothree.org/policy
 - Early Intervention Page

www.zerotothree.org/public-policy/infant-toddler-policy-issues/early-intervention-1.html

- Birth to Five Policy Alliance www.birthtofivepolicy.org
- Ounce of Prevention Fund www.ounceofprevention.org
- First Five Years Fund www.ffyf.org

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Web Resources on Trauma

- Healing Resources.info: Preventing and Healing Stress Related Problems
 - www.healingresources.info
 - Great Video! *Trauma, Brain & Relationship: Helping Children Heal*
- The ChildTrauma Academy
 - www.childtrauma.org
- National Center for Children Exposed to Violence
 - www.ncccev.org

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National Child Traumatic Stress Network

www.nctsn.org



Mission: To raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States.

Tons of great resources for professionals and caregivers and lots of free training options. Includes special resources for military families.

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NCTSN: Training Resource

- Child Welfare Trauma Training Toolkit
www.nctsn.org/nctsn/nav.do?pid=ctr_cwtool
 - Mostly downloadable!
 - Full hard copy w/CD only \$50!
 - *Trainer’s Guide* and *Comprehensive Guide*.

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Recommended Trauma Reading

- Ed: Lieberman, AF & DeMartino, R (2006) **Pediatric Round Table: Interventions for Children Exposed to Violence**, Johnson & Johnson Pediatric Institute.
 - Lieberman, AF, Briscoe-Smith, A, Ghosh Ippen, C, Van Horn, P. *Violence in Infancy and Early Childhood: Relationship-Based Treatment and Evaluation*. P. 65-83
http://www.nctsn.org/nctsn_assets/pdfs/reports/HarrisManuscript.pdf
- Ed: Joy D. Osofsky (2005) **Young Children and Trauma: Intervention and Treatment**. Guilford Press
- Solomon, MF, & Siegel, DJ (2003) **Healing Trauma: Attachment, Mind, Body and Brain**. Norton Prof. Books

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More Trauma Readings

- Osofsky, J. (2003) *Prevalence of Children's Exposure to Domestic Violence and Child Maltreatment: Implications for Prevention and Intervention*. *Clinical Child and Family Psychology Review*, Vol. 6, No 3, pp. 161-170.
- Kathleen Rice & Betsy Groves (Child Witness to Violence Project, Boston Medical Center) (2005) *Hope & Healing: A Caregiver's Guide to Helping Young Children Affected by Trauma*. ZERO TO THREE Press.
- Lieberman, Compton, Van Horn, and Ippen (2003) *Losing a Parent to Death in the Early Years: Guidelines for the Treatment of Traumatic Bereavement in Infancy and Early Childhood*. ZERO TO THREE Press.

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Child Welfare and EI CAPTA & IDEA

- National Early Childhood Technical Assistance Center
www.nectac.org/topics/earlyid/capta.asp
- Child Welfare Information Gateway
www.childwelfare.gov/systemwide/service_array/earlychildhood/childwelfare.cfm
- Administration for Children & Families
www.acf.hhs.gov/programs/cb/laws_policies/cblaws/capta/index.htm

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National Court and Child Welfare Projects

- ZERO TO THREE Court Teams for Maltreated Infants & Toddlers
 - Free video: "Helping Babies from the Bench."
www.zerotothree.org/maltreatment/court-teams/index.html
- American Bar Association – Improving Understanding of Maternal and Child Health
www.abanet.org/child/baby-health.shtml

Don't miss the new Judge's Guide -
Healthy Beginning, Healthy Futures

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Getting the Courts to Ask: How is the baby or toddler doing?

- *Questions Every Judge and Lawyer Should ask About Infants and Toddlers In the Child Welfare System*
www.ncjfcj.org/store/product_info.php?cPath=21_22_28&products_id=90
- *Ensuring the Healthy Development of Infants in Foster Care: A Guide for Judges, Advocates and Child Welfare Professionals*
www.zerotothree.org/about-us/funded-projects/court-teams/court-teams-popular-resources.html

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Partnering with the Courts Recommended Readings

- "It's about the kids. People talk about parents getting their children back. But really, this is about the children getting their parents back." Judge Douglas F. Johnson of Omaha
Healing the Youngest Children: Model Court-Community Partnerships
www.zerotothree.org/about-us/funded-projects/court-teams/court-teams-popular-resources.html
- Child Centered Practices for the Courtroom and Community: A Guide to Working Effectively with Young Children and Their Families in the Child Welfare System.
 - Lynne F Katz, EdD, Judge Cindy S Lederman, & Joy D Osofsky, PhD
 - Brookes Publishing, 2010

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Child Welfare Professional Readings/Materials

- Michigan Association of Infant Mental Health
www.mi-aimh.org
 - *Guidelines for Comprehensive Assessment of Infants and their Parents in the Child Welfare System.* (2005)
 - *Supporting Relationships for Infants and Toddlers with Two Homes.* (2010)
- Brenda Jones Harden (2007) *Infants in the Child Welfare System: A Developmental Framework for Policy and Practice.* ZERO TO THREE Press.
- Sheryl Dicker (2009) *Reversing the Odds: Improving Outcomes for Babies in the Child Welfare System.* Brookes Publishing.

Child Parent Psychotherapy Basic Books

- Lieberman, A. & Van Horn, P. (2005) **Don't Hit My Mommy! A Manual for Child-Parent Psychotherapy With Young Witnesses of Family Violence.** Washington, D.C.: ZERO TO THREE Press.
- Lieberman, A. & Van Horn, P. (2008) **Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment.** New York, NY: Guilford Press.

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CPP Fact Sheets and Good Summary Article

Lieberman, AF (2007) Ghosts and Angels: Intergenerational patterns in the transmission and treatment of the traumatic sequelae of domestic violence. *Infant Mental Health Journal*, 28 (4) 442-439.

www.nctsn.org/nctsn_assets/pdfs/promising_practices/Child_Parent_Psychotherapy_CPP_fact_sheet_3-20-07.pdf

www.nctsn.org/nctsn_assets/pdfs/promising_practices/cpp_cultural.pdf

www.nctsn.org/nctsn_assets/pdfs/promising_practices/cpp_general.pdf

www.cachildwelfareclearinghouse.org/program/49/detailed

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- Gilliam, W. (2005). *Prekindergartners left behind: Expulsion rates in state prekindergarten systems.* Yale University Child Study Center.
- Gould, M. (2000). *Mental health early intervention program for young children: Cost of failure study.* Center for Human Investment Policy, Graduate School of Public Affairs/University of CO, Denver.

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- Shonkoff, J. P. & Phillips, D. A., Editors: Committee on Integrating the Science of Early Childhood Development, Board on Children, Youth, & Families (2000). *From Neurons to Neighborhoods: The Science of Early Childhood Development.* Washington, DC: National Academy Press.

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- Teicher, MH, Samson, JA, Tomoda, A, Ashy, M, & Andersen, SL (2006) Ch. 9: Neurobiological and Behavioral Consequences of Exposure to Childhood Traumatic Stress. In *Stress in Health and Disease*. Edited by BB Arnetz & R Ekman. Wiley-VCH
- Wulczyn, F. & Hislop, K.B (2002) Babies in Foster Care the Numbers Call for Attention. *Zero to Three*, Vol. 22:5.