

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

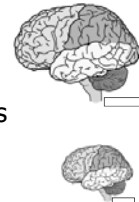


Image: www.brainconnection.com
© 1999 Scientific Learning Corporation

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Not Just Weight Gain

Not all new
connections
are kept.



National Scientific Council on the Developing Child (NSCDC)
Working Paper #5 (2007)

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Two Sides to Plasticity

Neural circuits are
more flexible before
a particular pattern is
shaped and fully
activated

- NSCDC, #5, 2007




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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.

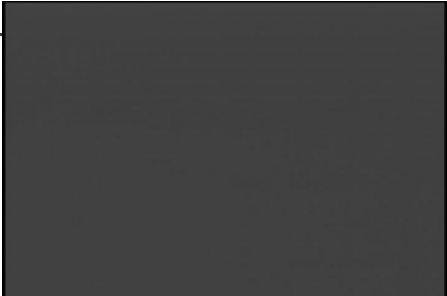
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Babies Come Relationship Ready



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

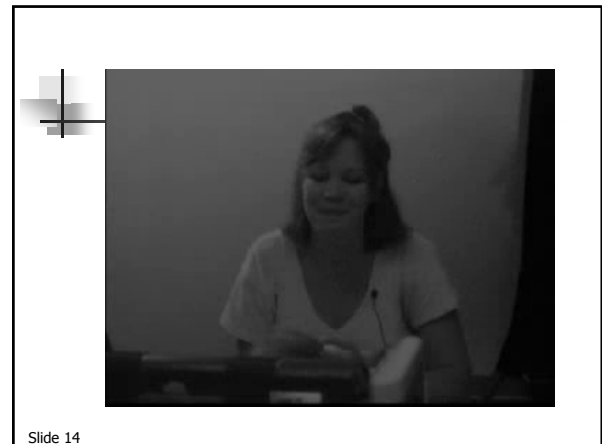
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Early Relationships Are Important !!!

"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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Skills Are Developed In Relationships

"The computational brain is controlled by the social brain"

Shonkoff, Seattle, 1/7/10

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Skills ↔ Relationships

Families are Powerful Regulators

"When is your baby most comfortable?"

Smooth Transitions --- State Organization

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

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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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Relationships ↔ Service Delivery


HOW YOU ARE

Equally Weighty

WHAT YOU DO

(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

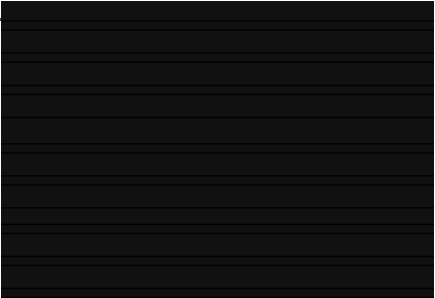


National Scientific Council on the Developing Child
www.developingchild.net

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

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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)

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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%

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Adverse Childhood Experiences are Common

Maltreatment

▪ Psychological Abuse (by parents)	11%
▪ Physical Abuse (by parents)	28%
▪ Sexual Abuse (by anyone)	21%
▪ Emotional Neglect	15%
▪ Physical Neglect	10%

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Challenges (ACEs) Cluster

<u># of ACEs</u>	<u>Prevalence</u>
0	33%
1	26%
2	16%
3	10%
≥4	16%

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 to 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 Relationships Early Memories

Babies Do Remember!

Patterns → Relationships

Babies are precocious at pattern recognition.


A baby's daily routine promotes this ability to recognize patterns.



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Patterns → Attachment

These early experiences and routines are the building blocks of the baby's enduring emotional bond with the caregiver(s)



This 'emotional bond' is the core of the attachment system.

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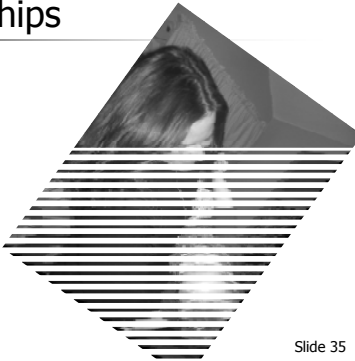
The Attachment System

- Repeated relationship experiences w/ caregivers:
 - allow infant to understand the way things work,
 - to develop a sense of their own importance,
 - to understand about how others are,
 - and to understand their relationships w/ others.
 - John Bowlby, 1980

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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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Expectations 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

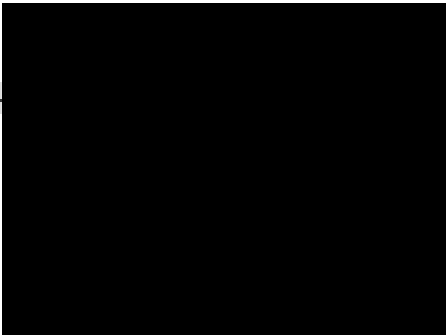
- Comfort Food
- Post-Traumatic Stress Disorder
 - "Trauma Lives in the Body"
(Lieberman, 2005)
 - "Push into the mouth of the terror"
(Siegal, 2008 – www.seedscompassion.net)

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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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Infants and Toddlers in Foster Care Nationally

- Nearly 80% have prenatal exposure to substances,
- Nearly 40% are born low birth weight and/or premature,
- Approximately half have developmental delays or disabilities.
 - F. Wulczyn & K.B. Hislop (2002)
 - Leslie et al. (2005)

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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
 - 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*.

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

Negative Relationship Experiences

- Can Beget Negative Experiences in New Relationships
- Very young children can "have low expectations for nurturing care and behave in ways that do not elicit nurturance."
 - Dozier, M. et.al (2001). *Child Development*, 72(5).

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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.**



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■ www.zerotothree.org

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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Emotional Health Red Flags

- Chronic sleeping or feeding disturbances
- Excessive fussiness incessant crying with little ability to be consoled
- Wide eyed startled or fearful expression with stiff shoulders and tense body
- Failure to grow
- Prolonged glazed eyes with gaze
- Doesn't make eye contact
- Doesn't like to be touched

The Many Faces of Trauma

www.traumaresources.org

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Addressing Social-Emotional and Mental Health Needs in Our Daily Work

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Empower Caregivers to Slow Down

Relationships Need Patience

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Think Beyond Parent-Child Relationships


- 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 62 www.zerotothree.org/parentsurvey

Value Social-Emotional Development

"Routinely talk about social-emotional milestones as part of developmental anticipatory guidance on home visits."



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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Monitor Soc-Emot/Mental Health Needs and Outcomes

- Early Learning Goal of Dept. of Education
 - Published Goal: "... improving the health, social-emotional, and cognitive outcomes for all children, especially high-need children from birth through 3rd grade."
 - "...social-emotional outcomes are as important as cognitive for young children."
 - Jacqueline Jones, PhD, Senior Advisor to the Secretary for Early Learning, 7/30/10, Measuring Child and Family Outcomes Conference, Crystal City, VA

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Value Adult Emotions

"To be genuinely 'family friendly', early intervention practitioners need to pay attention to the emotional experience of family members." p19



Hirshberg, LM (1997) Infant mental health consultation to early intervention programs. *Zero to Three*, Dec/Jan 19-23.

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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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Consider Caregiver Mental Health



- Help Parents and Caregivers De-Stress
- Caregiver state of mind matters.

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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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Reflect on What You Bring

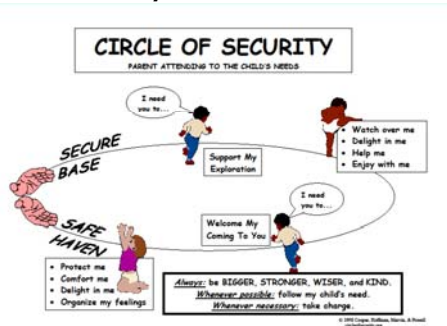
What factors influence your thinking?

What is your shark music?



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Value Relationships and Find the Joy



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Support Practice Time

Relationships Need Practice

The magic of everyday moments.

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Open Up to Partnerships with Mental Health



"It is possible to identify skills and strategies that are not exclusive to mental health and address universal human needs." p17


Grabert, J (2009) Integrating Early Childhood Mental Health Into Early Intervention Services. *Zero to Three, Vol 29 (6)*. 13-17.

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Consider Therapy Referrals

Child Parent Psychotherapy

- Attachment, Psychoanalytic and Trauma Theories
- Cognitive-Behavioral and Social Learning Therapies
- Attention to Family Cultural Values




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Lieberman & Van Horn (2008)

CPP

Treatment Goal



"to enhance the capacity of the child and primary caregivers to create and maintain a growth promoting partnership in the context of the other relationships in their lives."

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Lieberman & Van Horn (2008) p.8

Improvements with CPP

- Dyad
 - Relationship Interactions
 - Attachment Security
- Parent (Typ. Mother)
 - Mood
 - PTSD symptoms
- Child
 - Behavior
 - PTSD Symptoms
 - Attributions
 - Cognitive Functioning

Lieberman & Van Horn (2008)

Miami-Dade CPP

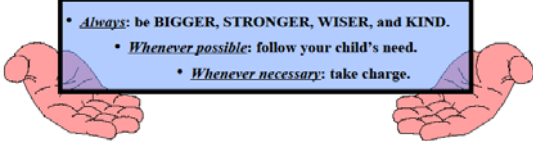
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Don't Forget the Basics

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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 circlesecurity.org

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Help Everyone Remember



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- You can't spoil a baby!!
- Your state of mind matters.
 - And



Early Relationships Are Important!

Resources to Help

(Starting Mostly in WA)

A WA Partnership Example: CH.E.R.I.S.H.

- Children Encouraged by Relationships In Secure Homes
- 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 Kinderling Center foster parents and relative caregivers of children age 0-6
- Individual consultation with a staff social worker

www.kinderling.org/743.html

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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.

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WA State Part C 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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Supporting Caregivers

- Resources for Kinship Caregivers
 - 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
- **What's Best for My Baby and Me?**
 - A 3-Step Guide for Parents
 - www.zerotothree.org (e-store – packs of 12)

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WA Early Childhood Resources

- Department of Early Learning:
www.del.wa.gov
 - Early Learning Plan
 - www.del.wa.gov/partnerships/elac/elp.aspx
- 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)
 - Ten Simple Ways to Encourage Learning. (2005 booklet) Downloadable in both English and Spanish.
 - www.earlylearning.org
- Thrive by Five – 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)
 - This website includes a benefit calculator for services such as food stamps and health insurance.
- Resources for Families with Incarcerated Parents
 - 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
- WithinReach – A WA Resource
 - www.withinreachwa.org or 1.800.322.2588
 - Connections to your local early intervention program.
- www.cdc.gov/actearly
- www.cdc.gov/parents/infants/

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Screening for SE & MH Needs

- Developmental and Social-Emotional Screening of Young Children in Minnesota
 - www.health.state.mn.us/divs/fh/mch/devscrm/
- Developmental Screening and Assessment Instruments with an Emphasis on Social and Emotional Development for Young Children Ages Birth to Five
 - Compiled for the National Early Childhood Technical Assistance Center May 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

Slide 92 www.k12.wa.us/EarlyLearning/pubdocs/assessment_print.pdf

Regional Public Health Activity

- Northwest Bulletin
 - Serving maternal and child public health professionals in AK, ID, OR, and WA <http://depts.washington.edu/nwbfcf/>
- 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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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/>
 - Tons of great handouts for parents too like “Reading Your Child’s Cues from Birth to Age 2” & “Making Life Easier: Running Errands”

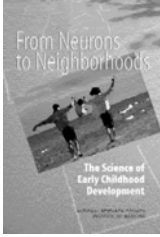
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More Resources for Parents

- A Family Guidebook: Supporting Development of Newborns and Infants www.eicolorado.org
- She’s One Smart Mom, She’s Got: www.Text4Baby.org
 - Text BABY to 511411
 - Envía BEBE al 511411 para Español
 - 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. Buisse & 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)

www.pbs.org/thisemotionallife/

www.pbs.org/thisemotionallife/topic/attachment

www.pbs.org/thisemotionallife/topic/postpartum

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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.rfcnetwork.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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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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- Wulczyn, F. & Hislop, K.B (2002) Babies in Foster Care the Numbers Call for Attention, Zero to Three, Vol. 22:5.