

Babies, Brains and Relationships: Infusing an Infant Mental Health Approach Into Your Daily Work

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Many Thanks to ESIT

www.del.wa.gov/esit

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Today's Topics

- Setting the Stage: Babies, Brains and Relationships
- What Relationships Do
- Stress and Trauma Impacts in the Short and Long Term
- How Early Memories Impact Your Work
- Meeting Needs Day to Day
- Resources www.earlychildhoodpolicy.com/ECTrain.html



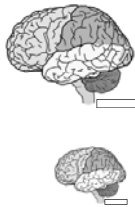
Setting the Stage: Babies, Brains and Relationships

(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



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

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)

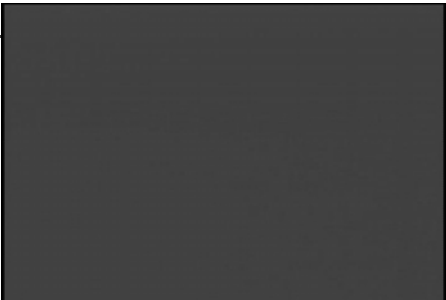
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Babies Come Relationship Ready



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

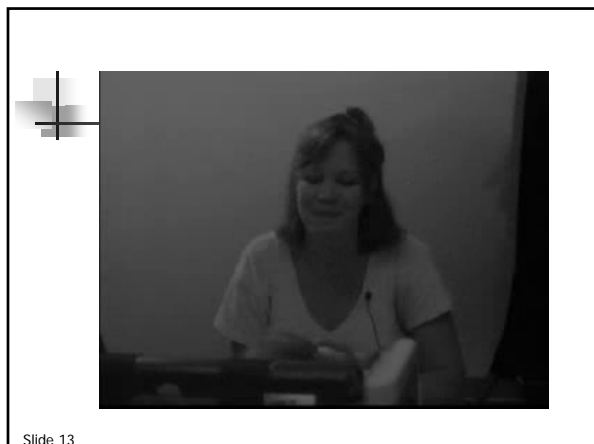
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Early Relationships Are Important !!!

"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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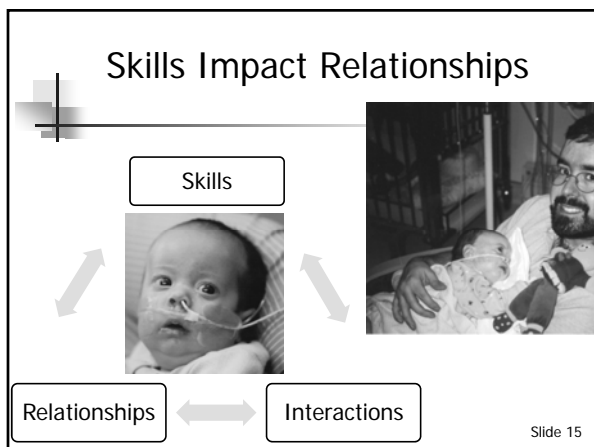
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Skills Are Developed In Relationships

“The computational brain is controlled by the social brain”

Shonkoff, Seattle, 1/7/10

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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 Impacts in the Short and Long Term

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National Data on Maltreated Infants and Toddlers



- National entries into foster care
 - 31% <3 years old (FY 2009)
- National abuse deaths
 - 79.8% <3 years old (FY 2008)
- Approximately half (35-68%) have developmental delays or disabilities.

Melmed, M (2011)
 Graham, M. A. (2011)
 F. Wulczyn & K.B. Hislop (2002)
 Leslie et al. (2005)


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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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Young Children – Flying 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 expelled an infant or toddler
 - Programs unable to handle social-emotional problems
 - Colin et al. (2003)

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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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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)

Relationships are Important!



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


Shonkoff, 1/7/10

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How Early Memories Impact Your Work

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Babies Do Remember!



The power of routines.

Expectations → The Way the World "Is"

"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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Implicit Memory and Trauma

- 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)

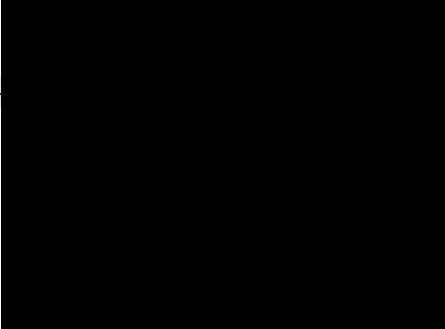
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Implicit Memory and Caregiving

- 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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What is Infant Mental Health?

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Key Capacities

- Experience, regulate and express emotions
- Form close and secure interpersonal relationships
- Explore the environment and learn

■ www.zerotothree.org




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Health and Well-Being

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
 - 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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Slow Down and Value Each Interaction

Relationships Need Practice and Patience

The magic of everyday moments.

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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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What do families know?


- 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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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

www.zerotothree.org/parentsurvey

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Keep in Mind: Knowledge and Relationships Are Based in Culture




“A baby can be understood only through the cultural outlook of the adults interpreting him.”

- Lieberman (1990)

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Remember 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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Consider Trauma

- What have they witnessed?
- What have they experienced?
 - One Event --- Many Experiences
 - Important to Grown-Ups ≠ Important to Babies

Many Faces of Trauma
<http://healingresources.info/index.htm>

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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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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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Reflect on What You Bring

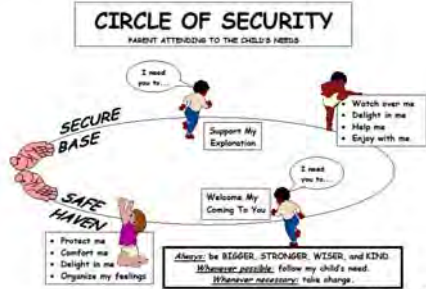
What factors influence your thinking?

What is your shark music?



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Find the Delight



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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

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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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.
 - 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**

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

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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](http://www.urban.org/publications/500205.html)

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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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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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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

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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WA Early Childhood Resources

- Department of Early Learning: **S**
www.del.wa.gov
- Parent Trust for Washington Children: **S**
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 **S**
(see resources)
 - *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 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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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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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 and training materials that can be found at: www.parentingcounts.org)
- 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

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More Resources for Parents

- Parenting Counts: www.parentingcounts.org
 - Lots of great short videos and social-emotional resources
- A Family Guidebook: Supporting Development of Newborns and Infants www.eicolorado.org **S**
 - Part of their early intervention program but great for all.
- She's One Smart Mom, She's Got: www.Text4Baby.org
 - Text BABY to 511411 (Envia 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. **S**
 - Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition. **S**

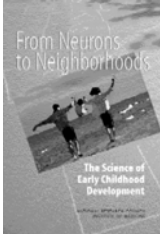
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Pyramid Model for Promoting Social-Emotional Competence in Infants and Young Children

- 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) **S**
 - <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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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)

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.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.birthtofivpolicy.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

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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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Trauma Readings

- 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
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
- 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.

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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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Mary Dozier - ABC Intervention

The Attachment and Biobehavioral Catch-up Intervention is a training program for caregivers of young children who have been neglected and caregivers of young children in foster care.

<http://abcintervention.com/>

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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.americanbar.org/groups/child_law/projects_initiatives/health_of_infants_toddlers_preschoolers_iunch.html

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*

<http://store.ncjfcj.org/core/orders/product.aspx?catid=12&prodid=32>
- *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 Ososky, 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.

Consider Therapy Referrals



Child Parent Psychotherapy

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

[Lieberman & Van Horn \(2008\)](#)

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Evidence Based Practice

- Dept. of Justice and Dept. of Health and Human Services 2011 Publication
 - Evidence-Based Practices for Children Exposed to Violence: A Selection from Federal Databases
www.safestartcenter.org/pdf/Evidence-Based-Practices-Matrix_2011.pdf
- California Evidence Based Clearinghouse for Child Welfare: www.cebc4cw.org
 - Child Parent Psychotherapy:
www.cebc4cw.org/program/child-parent-psychotherapy/

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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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