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

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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
- Early Memories, Emerging Relationships, and Caregiving
- Meeting Needs Day to Day
- Resources www.earlychildhoodpolicy.com/ECTrain.html

Setting the Stage: Babies, Brains and Relationships
(aka – Why Focus on Very Young Children?)

Young Children in Child Care

- Colorado 0-5 (low income)
  - 23% of children were identified as having significant emotional behavioral problems
- Illinois 0-3 year olds
  - 16% - 24% had significant social-emotional problems
  - Colin et. al. (2003)

Baby Facts

- Washington 3-5 year olds
  - 1 in 10 pre-K teachers expelled a child
  - Twice the rate of school-age children
- Illinois 0-3 year olds
  - 42% of programs expelled an infant or toddler
  - Programs unable to handle social-emotional problems
    - Colin et. al. (2003)

- National abuse deaths
- 79.8% <3 years old (FY 2008)
- National entries into foster care
- 31% <3 years old (FY 2009)

- Infants and toddlers who encounter child welfare
  - Approximately half (35-68%) have developmental delays or disabilities.

Melmed, M (2011)
Graham, M. A. (2011)
Leslie et al. (2005)
Infants and Foster Care

- Fiscal Year 2008
  - 22% of new admissions
  - Four times more likely to enter care
  - More time in out-of-home care
    - 60% spent most of their time in foster care
  - Longer stays
    - Longest for babies who entered care by 3 months of age

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%

Brain Changing Prime Time

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

Experience Changes the Brain

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

Not Just Weight Gain

- Not all new connections are kept.

Two Sides to Plasticity

- Neural circuits are more flexible before a particular pattern is shaped and fully activated
  - NSCDC, #5, 2007
Building “Normal”

“Normal is as normal does --- every day.”

(Sheri Hill)

Babies Come Relationship Ready

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

The Brain in Relationship

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

www.pbs.org/wgbh/nova/body/mirror-neurons.html

What Relationships Do

“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

Early Relationships Are Important !!!
Skills Are Developed In Relationships

“The computational brain is controlled by the social brain”

Shonkoff, Seattle, 1/7/10

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.

(Available to download on Dr. Hill’s website)

Skills Impact Relationships

Skills Impact Relationships

“The developmental challenges facing infants and toddlers seldom sort themselves neatly into issue that are clearly the province of ‘early intervention’ or ‘infant mental health’.” p.13


Skills <-> Relationships

“YOU ARE Equally Weighty

YOU DO

HOW ARE

WHAT 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)

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)

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)

Relationships Set the Stress Thermostat

http://developingchild.harvard.edu/library/multimedia/inbrief_series

Domestic Violence

- Children under age 5 are more likely than older children to be present in homes in which domestic violence occurs.
- 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
Violence and Breath

Community violence and parental conflict impacts early childhood lung function.

- Similar magnitude as:
  - Prenatal tobacco smoke exposure
  - Postnatal environmental tobacco smoke

“Violence takes their breath away.” (S. Hill)

“The Body Keeps the Score”

- 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

Adverse Childhood Experiences are Common

<table>
<thead>
<tr>
<th>Household Dysfunction</th>
<th>WA (2009) BRFSS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substance Abuse</td>
<td>27%</td>
</tr>
<tr>
<td>Parental Separation/Divorce</td>
<td>23%</td>
</tr>
<tr>
<td>Mental Illness</td>
<td>17%</td>
</tr>
<tr>
<td>Mother Treated Violently</td>
<td>13%</td>
</tr>
<tr>
<td>Criminal Behavior/Incarceration</td>
<td>6%</td>
</tr>
</tbody>
</table>

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

Challenges (ACEs) Cluster

<table>
<thead>
<tr>
<th># of ACEs</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>33%</td>
</tr>
<tr>
<td>1</td>
<td>26%</td>
</tr>
<tr>
<td>2</td>
<td>16%</td>
</tr>
<tr>
<td>3</td>
<td>10%</td>
</tr>
<tr>
<td>≥4</td>
<td>16%</td>
</tr>
</tbody>
</table>

For information on efforts around ACES in Washington go to: www.acestudy.org

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

Recommended Reading:

Relationships are Important!

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

Shonkoff, 1/7/10
Early Memories, Emerging Relationships, And Caregiving

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.

Not Just How It Is --- But What It Means

Repeated relationship experiences allow infants

- 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 with others.

John Bowlby, 1980

Meaning ↔ Attachment

These early experiences and routines are the building blocks of the baby’s enduring emotional bond with their caregiver(s) which is at the core of the attachment system.

First Memories - Implicit Memory

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


Amygdala
Explicit Memory

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

What Memories Do They Bring?

Living in

Amygdala

Land

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.org)

Implicit Memory & Caregiving

- Why am I acting .... just like my mother?
- Powerful Remembering Context
  - Winnicott
- Babies Bring Up Your Stuff!! ... 

What is Infant Mental Health?

Video Courtesy of Circle of Security in Spokane

www.circleofsecurity.org
Key Capacities

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

www.zerotothree.org

Health and Well-Being

Infant mental health is synonymous with healthy social and emotional development.

www.zerotothree.org

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)

Babies

Can Suffer

- ...the child avoiding/resisting/refusing interaction with primary caregivers (for example, being shut down and withdrawn, demonstrating little ability or motivation to interact).
- ...self-abusive behaviors, such as biting, scratching, hitting, or pinching self, or banging head, or pinching self; inconsolable tantrums; or destructive behavior or aggression that does not respond to appropriate intervention.

Young Children and Relationships May Need Help

Sometimes mental health intervention is needed to get things "right side up" for young children and their caregivers.

Child Parent Psychotherapy

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

Lieberman & Van Horn (2008)
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)

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

Find Your Place

Promotion → Prevention →

Early Intervention/Treatment

Helping Young Children Succeed

Consider Relationships Broadly

- 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

Hallmarks of Attachment Relationships

“Babies don’t see legal or blood relationships -- they only see interpersonal relationships.”


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

Make Time to SLOW DOWN

Relationships Need Patience

Support Detective Work

Looking For
- C(1)ues
- Next steps
- Alternatives

Support Families as Powerful Regulators

“When is your baby most comfortable?”

(Bresne and Tami, 12/10/10, NTI Phoenix, AZ)

Supporting Smooth Transitions

Find the Delight

Support Practice Time

Relationships Need Practice

The magic of everyday moments.
Talk Talk Talk Talk Talk

- Give those little scientists lots of data points.
  - Singing,
  - Talking, and
  - Reading with Babies

www.ted.com/talks/patricia_kuhl_the_linguistic_genius_of_babies.html

Slide 67

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.idea-infants-toddlers.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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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

Slide 70

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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Consider Relationship Experiences

Very young children with positive relationship experiences …..

“….will transfer those positive expectations to the foster mother, making it easier for the new caregiver to understand the baby’s need.”

Dozier M. et.al (2001)

Slide 72
“….. have low expectations for nurturing care and behave in ways that do not elicit nurturance.”


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

Support Caregiver Mental Health & Well-Being

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

Keeping 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?

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.

http://steppingup.washington.edu/keys/default.htm
Reflect on What You Bring

What factors influence your thinking?

What is your shark music?

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

Trauma → Delays

In Child Welfare ...

Less than half of likely qualified infants and toddlers have a Part C Individualized Family Service Plan (IFSP).

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

Don’t Forget the Basics
Help Everyone Remember
- You can't spoil a baby!!
- And ....

Early Relationships Are Important!

Resources to Help
S = Resources Available in Spanish

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

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.
Casey Family Programs  
**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

WA Early Childhood Resources

- Department of Early Learning:  
  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

WA Early Childhood Resources

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

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/

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

- Washington Information Network (WIN) 2-1-1  
  - www.win211.org

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/
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

More IMH, Depression, and Trauma Resources

- [www.ProjectABC-LA.org](http://www.ProjectABC-LA.org)

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

How is the child developing?

  - A WA Resource [www.cdc.gov/actearly](http://www.cdc.gov/actearly)
  - [www.cdc.gov/parents/infants/](http://www.cdc.gov/parents/infants/)

Monitoring for SE & MH Needs

- Developmental and Social-Emotional Screening of Young Children in MN [www.health.state.mn.us/divs/fh/mch/devscrn/]

Book Recommendations:

For All Caregivers

- 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](http://www.parentingcounts.org))

More Good Books

**ZERO TO THREE – For Parents**

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

- **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**

More Resources for Parents

- Parenting Counts: [www.parentingcounts.org](http://www.parentingcounts.org)
  - Lots of great short videos and social-emotional resources
- A Family Guidebook: Supporting Development of Newborns and Infants [www.cicolorado.org](http://www.cicolorado.org)
  - Part of their early intervention program but great for all.
- She’s One Smart Mom, She’s Got: [www.Text4Baby.org](http://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.
  - Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition.

**Social Emotional Dev. Info Maternal and Child Health Library**

- **Social and Emotional Development in Kids & Teens**
  - Identifies resources for families about care, services, and support and to websites about promoting healthy social and emotional development. Separate sections present websites about infants and young children and about school-age children and adolescents. Another list is websites for adolescents. This family resource is available:

  [www.mchlibrary.info/families/frb_Mental_Healthy.html](http://www.mchlibrary.info/families/frb_Mental_Healthy.html)

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](http://www.challengingbehavior.org)
- Center on the Social and Emotional Foundations for Early Learning (CSEFEL) [http://csefel.vanderbilt.edu/](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”

**Good EI Oriented Professional Books**


More General Good Professional Resources

- All ZERO TO THREE PRESS
Good General IMH Professional Books


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

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

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

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.

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.rrfncnetwork.org/wrrc
Interdisciplinary Competencies

- California Center for Infant-Family and Early Childhood Mental Health
  www.ecmtraining-ca.org

- Michigan Endorsements
  www.mi-aimh.org/endorsement

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

Early Childhood Policy Websites

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

- Birth to Five Policy Alliance
  www.birthtofivepolicy.org

- Ounce of Prevention Fund
  www.ounceofprevention.org

- First Five Years Fund
  www.ffyf.org

National Conference of State Legislatures

- www.ncsl.org

- Helping Young Children Succeed:
  Strategies to Promote Early Childhood Social and Emotional Development
  By Julie Cohen, ZERO TO THREE; Ngozi Onunaku, ZERO TO THREE; Steffanie Clothier, NCSL; and Julie Poppe, NCSL (September 2005)

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.nccecv.org

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.
**Trauma Readings**


**More Trauma Readings**


**2011 Child Welfare Briefs**


**National Court and Child Welfare Projects**

- ZERO TO THREE Court Teams for Maltreated Infants & Toddlers
- American Bar Association – Improving Understanding of Maternal and Child Health
  - [http://store.ncjfcj.org/Default.aspx](http://store.ncjfcj.org/Default.aspx)
  - Ensuring the Healthy Development of Infants in Foster Care: A Guide for Judges, Advocates and Child Welfare Professionals

**Partnering with the Courts Recommended Readings**

- ABA/ZERO TO THREE Joint Briefs (2007)
  - *Healing the Youngest Children: Model Court-Community Partnerships*

**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
    - National Council of Juvenile and Family Court Judges
      - [http://store.ncjfcj.org/Default.aspx](http://store.ncjfcj.org/Default.aspx)
### Special Journal Issues for Courts/Child Welfare

- Juvenile and Family Court Journal, NCJFCJ, Fall 2008 – vol. 59 no. 4. Special Issue – Children and Trauma
- Juvenile and Family Court Journal, NCJFCJ, Spring 2004 – vol. 55 no. 2. Special Issue – Infants and Toddlers in Court
- Infant Mental Health Journal, Jan/Feb 2008 – vol. 29 no. 1. Special Issue – Forensic Issues in Infant Mental Health
- ZERO TO THREE Journal
  - Improving the Lives of Infants and Toddlers in Foster Care – January 2011, Vol 31, no. 3
  - Coping with Separation and Loss -- July 2007, Vol 27, no.6

### Child Welfare Professional Readings/Materials

- Michigan Association of Infant Mental Health
  - Supporting Relationships for Infants and Toddlers with Two Homes. (2010)

### 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

### 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)
- 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

### 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
- California Evidence Based Clearinghouse for Child Welfare: www.cebc4cw.org

### Child Parent Psychotherapy Basic Books

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/

References


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