

Through the Eyes of the Infant Using Science to Inform Decision Making

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Today's Topics

- Young Children and the Courts
 - What do the numbers say?
- The Developing Brain
 - What is the opportunity?
 - What do relationships do?
- The Developing Body
 - Stress and Trauma
- The Developing Child and Family
 - What can we do?
- Resources



PP Handout at:

www.earlychildhoodpolicy.com/courtrain.html

Young Children and the Courts: What do the numbers say?

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National Baby Facts

- 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)
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 (FY2008)
 - Infants 11%
- Children in Out-of-Home Care
 - 0-3 Year Olds: 29.8% (FY2008)
 - Infants 6.5%
 - Nichols, Orme (9/16/09) The Children in Washington's Child Welfare System
 - www.accountabilityinchildwelfare.org


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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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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
- Longer stays
- Greatest disparities in admissions

■ Wulczyn, F, Chen, L, Collins, L & Ernst, M (2011) Zero to Three, (31:3)

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Reunifications

- Infants reunify less often and more slowly (Harris & Courtney, 2003)
 - Nearly 1 in 3 reenter care (Wulczyn et al, 2011)
- In Washington
 - "Infants reunify at less than half the rate of teens." (Partners for Our Children, Data Dashboard: The Children, 6/10)
 - Higher % infants in care => lower regional reunification rates (WSIPP, 2004)

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The Developing Brain: What is the opportunity?

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Brain Changing Prime Time

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




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


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Experience Changes the Brain

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

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Building "Normal"



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


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Babies Come Relationship Ready



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

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Serve and Return

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The Brain in Relationship

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



Slide 15 www.pbs.org/wgbh/nova/body/mirror-neurons.html

The Developing Brain: What do 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

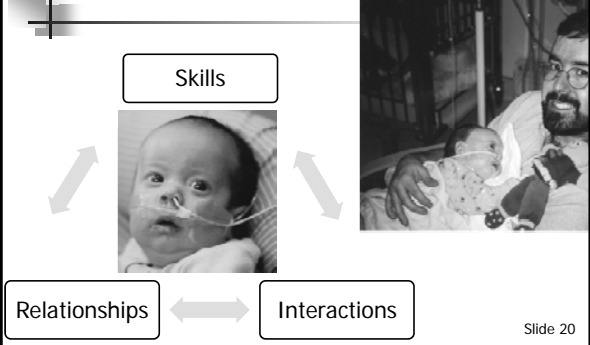


"The computational brain is controlled by the social brain"

Shonkoff, Seattle, 1/7/10

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Skills Impact Relationships



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Skills/Responsiveness ↔ Relationships

The brains of preschool aged foster children do not respond to corrective feedback like other children in the community.




Bruce, J., Martin McDermott, J. N., Fisher, P. A., & Fox, N. A. (2009)

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Relationships Set Biological Stress Systems

Stress Types

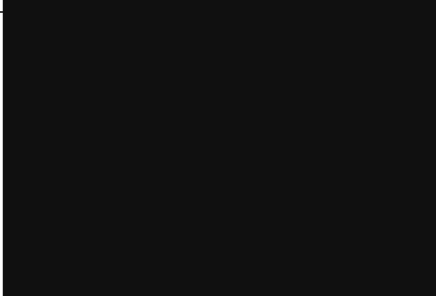
- Positive
- Tolerable
- Toxic



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

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

Relationships Set the Stress Thermostat



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

The Developing Body:

What are the impacts of stress and trauma?

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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)

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% |

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

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ACES Increase Health Risks

www.acestudy.org


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:
 The effects of childhood stress on health across the lifespan.
www.cdc.gov/ncipc/pub-res/pdf/Childhood_Stress.pdf

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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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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.org)

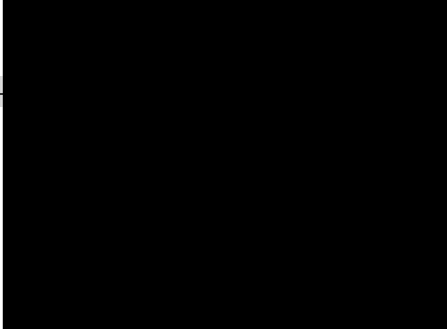
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Implicit Memory & Caregiving

- Why am I acting just like my mother?
- 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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Reflect on What You Bring

What factors influence your thinking?

What is your shark music?

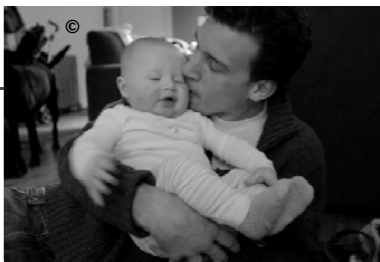


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The Developing Child and Family:

What are key things we need to do to meet the needs of young children and their families who encounter the courts?

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"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)

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Recognize Relationship Changes Matter

"We need to change the words we use.....when we move a baby in care from one home to another home...or one placement to another placement... what we are really doing is....moving a baby from one relationship to another relationship." Dorothy Henderson, LCSW

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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


Support Transitions

- Consider Transportation
- Keep it Friendly
- Transitional Objects
- Consistency Counts
- Flexibility Also Counts
 - Try, observe, try again



Tips for Transitioning Babies
www.ccvj.org/uploads/SECMaterials/SEC%20newsletter.pdf

Remember Babies Need a Special Someone




"Who fills this role is far less important than the quality of the relationship she or he establishes with the child."

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

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Ask: Who is stepping up to the relationship plate?


- Children need emotional care not custodial care
- Commitment is Critical
 - Dozier, M, Bick, J & Bernard, K (2011)



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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)

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" have low expectations for nurturing care and behave in ways that do not elicit nurturance."

Dozier, M. et.al (2001). *Child Development*, 72(5).

Remind All Parties Experience Matters


Positive or negative experiences can work both ways.

Apply to parents as well as non-parental caregivers.



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Give Parents, Caregivers and Babies Time to Learn




Understanding and learning the dance takes time, practice and patience.

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Keep a Watch Out!

In Child Welfare ...

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




Remember
Trauma → Delays

Family Health Hotline
1-800-322-2588

Casaneuva, Urato, Fraser, Lederman, & Katz (2010)
In Graham, M A (2011)

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Address Caregiver Mental Health



- Only 34% of parents know a child can sense if they 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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Address Young Children's Mental Health

- Key Capacities
 - Experience, regulate and express emotions
 - Form close and secure interpersonal relationships
 - Explore the environment and learn
- Health & Well-Being
 - Synonymous with healthy social-emotional development.



www.zerotothree.org

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Babies Can Suffer & Need Treatment

- 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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Consider Caregiver Knowledge

- "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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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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Consider and Treat 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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Provide Relationship Based Treatment



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

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Child Parent Psychotherapy (CPP)



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

Lieberman & Van Horn (2008)

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Don't Forget the Basics

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Helping Families = Repairing Relationships

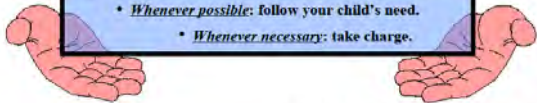
"The bottom line is that child welfare practices that are largely focused on child safety often are not structured to promote healthy development and the formation of a secure attachment."

Melmed, M E (2011). A Call to Action for Infants and Toddlers in Foster Care. Zero to Three Journal, vol. 31, no. 3, 29-34.

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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

Trauma, Child Welfare and Court Related

S = Resource is Available in Spanish

Supporting Early Connections: A Court-Community Collaboration

- Evaluation, Implementation Manual, Newsletters with Resources & Tips
 - www.ccyj.org/initiatives/supporting-early-connections/
- Presentations and Related Handouts:
 - www.earlychildhoodpolicy.com/courttrain.html
- Most Current Referral Forms and Info
 - www.kingcounty.gov/courts/JuvenileCourt/dependency/SEC.aspx

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2011 Child Welfare Briefs

- A Call to Action on Behalf of Maltreated Infants and Toddlers (2011) ---- Sponsored by:
 - American Humane Association, Center for the Study of Social Policy, Child Welfare League of America, Children's Defense Fund, ZERO TO THREEwww.cssp.org/publications/child-welfare/A-Call-to-Action-on-Behalf-of-Maltreated-Infants-and-Toddlers.pdf
- Young and Vulnerable: Children Five and Under Experience High Maltreatment Rates (2011)
 - Child Trends Early Childhood Highlights, Vol. 2, Issue 2www.childtrends.org/Files/Child_Trends-2011_04_29_ECH_YoungVulnerable.pdf

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
 - http://www.americanbar.org/groups/child_law/projects_initiatives/child_and_adolescent_health.html

Don't miss the Judge's Guide - **Healthy Beginning. Healthy Futures**

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Partnering with the Courts Recommended Readings

- ABA/ZERO TO THREE Joint Briefs (2007)
 - Healing the Youngest Children: Model Court-Community Partnerships
 - Visitation with Infants and Toddlers in Foster Care: What Judges and Attorneys Need to Know

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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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>
- *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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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
 - Current Trends in Child Welfare – July 2008, Vol 28, no. 6
 - Coping with Separation and Loss -- July 2007, Vol 27, no.6

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 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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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.nccev.org

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National Child Traumatic Stress Network

www.nctsn.org **S**

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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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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Resources to Help

Treatment and Intervention

S = Resources Available in Spanish

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

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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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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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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Conceptualizing Attachment

www.circleofsecurity.org

The diagram illustrates the Circle of Security model. At the top is a box labeled 'CIRCLE OF SECURITY' with the subtitle 'PARENT ATTENDING TO THE CHILD'S NEEDS'. Below this, a circle represents the child's needs. On the left side of the circle is a box labeled 'SECURE BASE' with a list: 'Protect me', 'Comfort me', 'Delight in me', and 'Organize my feelings'. At the bottom is a box labeled 'SAFE HAVEN' with a list: 'Watch over me', 'Delight in me', 'Help me', and 'Enjoy with me'. On the right side is a box labeled 'WELCOME MY COMING TO YOU' with a list: 'Support My Exploration' and 'Welcome My Coming To You'. In the center of the circle are two boxes: 'I need you' and 'I need you too'. At the bottom center is a box with the text: 'Always be BIGGER, STRONGER, WISER, and KIND. Whenever possible, follow my child's lead. Whenever necessary, take charge.'

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Finding Skilled Providers – State Level Endorsements

- California Center for Infant-Family and Early Childhood Mental Health
www.ecmhtraining-ca.org
- Michigan Endorsements
 - In use in multiple states.

www.mi-aimh.org/endorsement

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Resources to Help

General Early Childhood
(Starting Mostly in WA)

S = Resources Available in Spanish

Keeping an Eye Out for Depression

Speak Up When You're Down!

- Statewide post partum depression awareness campaigns.
 - Washington
www.speakup.wa.gov
 - New Jersey
www.njspeakup.gov
- Great Info and National Resources



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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.

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

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More IMH, Depression, and Trauma Resources

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
 - 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

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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
- WithinReach: www.withinreachwa.org
 - Family Health Hotline: 1-800-322-2588
 - Family Food Hotline: 1-888-4FOODWA (888-436-6392)
 - Apple Health for Kids Hotline: 1-877-543-7669
 - ParentHelp123.org Support Hotline: 1-866-585-1123

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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

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WA Early Learning Plan

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

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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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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

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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
 - Women, Alcohol, Fetal Alcohol Spectrum Disorders – Fall 11
 - 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

How is the child developing?

- Child Profile – Developmental Charts and Letters
 - www.childprofile.org A WA Resource **S**
- www.cdc.gov/actearly
- www.cdc.gov/parents/infants/ **S**
- The Importance of Early Intervention for Infants and Toddlers with Disabilities and their Families.
 - July 2011 Fact Sheet

www.nectac.org/~pdfs/pubs/importanceofearlyintervention.pdf

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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Monitoring for SE & MH Needs

- Developmental and Social-Emotional Screening of Young Children in MN
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 (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

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. (There are DVD's for both professionals and parents that go with this book and a wealth of other materials on mindful parenting at <http://drdansiegel.com>)
- 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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More Good Books

- Brazelton, T.B. & Sparrow, J. D. (2006) *Touchpoints: Birth to Three, Your Child's Emotional and Behavioral Development, Second Edition/Fully Revised*. Cambridge, MA: De Capo Press.
- DeLoache, J. & Gottlieb, A. (2000). *A World of Babies: Imagined Childcare Guides for Seven Societies*. Cambridge, MA: Cambridge University Press.
- Lieberman, A (1993). *The Emotional Life of the Toddler*. New York, NY: The Free Press.
- DF Perry, RK Kaufmann, & J Knitzer, Eds. (2007) *Social and Emotional Health in Early Childhood: Building Bridges Between Services and Systems*. Baltimore, MD: Brookes Publishing Co.

ZERO TO THREE – For Parents

www.zerotothree.org

Many of the resources at their [bookstore](http://www.zerotothree.org) 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.

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Social Emotional Dev. Info Maternal and Child Health Library

For Families

- 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 lists websites for adolescents. This family resource is available:

www.mchlibrary.info/families/frb_Mental_Healthy.html

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

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

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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.rrfcnetwork.org/wrrc

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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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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)*

http://main.zerotothree.org/site/DocServer/help_yng_child_succeed.pdf?docID=621

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