



## Connect. Reflect. Grow.

### Information for Program Administrators

Infant and early childhood mental health consultation is a **no cost** service that connects California teachers and caregivers with trained early mental health consultants to ensure that all young children and the adults who care for them have the supports they need for healthy social and emotional development. Your consultant can help with strategies to:

#### Support well-being for caregivers and administrators

- Reduce teacher, caregiver, and director stress
- Increase staff retention
- Develop positive program culture

#### Support well-being for all children

- Promote a warm and responsive care environment
- Address mental health and developmental issues early

#### Address challenging behavior

- Decrease behaviors adults find challenging
- Reduce suspensions and expulsions

### When to Call an Infant and Early Childhood Mental Health Consultant

#### When everything is fine

All children benefit from early social, emotional, and mental health promotion. Building a relationship with your local consultant early on means receiving ongoing training and support.

**When you or your staff are feeling overwhelmed by the demands of caregiving**  
Consultants are trusted, confidential, reliable partners who can listen and help you identify the best ways to care for your own health and well-being.

#### When you need more information

Consultants can also work with you to develop approaches to support individual children, including those who may be having a difficult time in your care.

#### How to contact

Visit [the IECMHC Network website](#) for more information about available services and to request a consultant, or call our Helpline at 1-877-524-2422.



*"When to call" guidance borrowed with permission from the Colorado Department of Early Childhood*

### California IECMHC Network Services

The California Infant and Early Childhood Mental Health Consultation Network provides the services below at **no cost** for child care and early education center-based program staff, family child care providers, and family, friend, and neighbor caregivers.



Consultation



Helpline



Open Door Sessions



Virtual Training



Communities of Support



**Help is here!**  
Connect with us at  
[www.iecmhcnetwork.org](http://www.iecmhcnetwork.org)

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### Understanding Early Mental Health

We understand how important it is to support children's physical health with proper diet, exercise, and sleep. It is also important that we take care of children's mental health. We can support young children's mental health by supporting their social and emotional development through fostering positive relationships with their families and caregivers.



#### Infants

Mental health for infants starts with a responsive caregiver. Caregivers teach babies healthy social and emotional skills by forming responsive and trusting relationships and creating safe and engaging care environments. This helps infants begin to develop a sense of themselves as individuals and trust in the world around them.



#### Toddlers and Preschoolers

Toddlers and preschoolers benefit from positive relationships with caregivers and clear and consistent expectations. Supporting their social and emotional development also includes helping toddlers and preschoolers learn and practice making friends, regulating emotions, and solving social problems.

### Learn More About Why Infant and Early Childhood Mental Health Consultation Is Effective

Scan the QR code to learn more about why infant and early childhood mental health consultation is effective in this video from Georgetown University's Center of Excellence for Infant and Early Childhood Mental Health Consultation.



#### What It's Like to Work with an IECMHC Network Consultant

- IECMHC Network consultants have deep expertise in early childhood, social and emotional development, trauma and resilience and mental health.
- Consultants work directly with early childhood professionals and caregivers to support them in fostering the well-being of the children in their care; consultants do not work directly with children, offer diagnoses, or provide therapy.
- Consultation begins with a short conversation between the early childhood professional or caregiver and a local consultant to discuss needs and helpful support. Services and training can be provided on-site at the program or child care home, remotely, or a combination of both.
- Consultants facilitate reflective conversations to help caregivers consider the meaning of young children's behavior and how experiences and beliefs impact the way caregivers respond to children.



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