



Professional Development for Early Childhood Professionals

Introduction to Infant & Early Childhood  
Mental Health

5-session (15 hr) online workshop series

- [Aug 18 - Sept 22](#) | Tues (except 9/8) | 9am - 12pm
- [Sept 16 - Oct 14](#) | Wed | 2pm - 5pm
- [Nov 11 - Dec 16](#) | Wed (except 11/25) | 6pm - 9pm

CEUs (for LMSW, LMFT, LMHC) and STARS credits available

Workshop Description

**The Foundations of Infant & Early Childhood Mental Health** explores core concepts in infant and early childhood mental health including: centering-caregiver child relationships, supporting early attachment, understanding when babies and young children need advanced support, and cultivating reflective practice. This is a foundational training series for early childhood providers.

Workshop Topics

**Introduction to Infant & Early Childhood Mental Health**

Foundational IECMH themes, including the critical influence of early experiences and relationships on the developing brain; on children's understanding of themselves, others and the world; and on their ability to self-regulate and to cope with stress.

**Pregnancy & Early Parenthood**

Stressors, supports, and relationship-based themes experienced by parents and families during pregnancy and the transition to parenthood.

**Attachment Relationships**

·Early attachment relationships, and the role of attuned, responsive caregiving in buffering the effects of stress and adversity and promoting the development of self-regulation and learning.

**Developmental Concerns & Disorders of Infancy & Early Childhood**

An introduction to the most common developmental and mental health disorders of infancy and early childhood for non-clinical practitioners.

**Reflective Practice**

·A framework for building capacity for personal and professional reflection, including consideration of how one's emotional responses and personal story impact the work, in order to promote professional growth and enhance interactions and practice with young children and families.

Questions? [training@wa-aimh.org](mailto:training@wa-aimh.org)

Washington Association for Infant Mental Health (WA-AIMH) supports the professionals and systems that nurture healthy beginnings in life, because early relationships matter.

*Limited scholarships are available through the generous support of our community partners.*

