

# Foundations of Infant Early Childhood Mental Health: Care, Co-Regulate, & Co-Create

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## ADDITIONAL RESOURCES

### Infant Early Childhood Mental Health (IECMH)

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**Basics of Infant Early Childhood Mental Health: A Briefing Paper.** (2017, August 2). ZERO TO THREE. [www.zerotothree.org/resource/the-basics-of-infant-and-early-childhood-mental-health-a-briefing-paper/](http://www.zerotothree.org/resource/the-basics-of-infant-and-early-childhood-mental-health-a-briefing-paper/)

### Reframe the Behavior

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**Reframing Explosive Behavior.** John Hoffman for The MEHRIT Centre. (2017, September 1). <https://self-reg.ca/reframing-explosive-behaviour/>

**Resources about 21st Century Approaches to Support Children and Youth who Struggle.** (n. d.) Alliance Against Seclusion & Restraint. <https://endseclusion.org/articles/research-resources/>

**Tip Sheets: Stress Behaviors in Young Children.** (2022, December 13). Center for Early Education and Development. University of Minnesota. <https://ceed.umn.edu/tip-sheets-stress-behaviors-in-young-children/>

**Introduction to Brain Body Parenting.** (2022, March 13th). Mona Delahooke. <https://monadelahooke.com/introducing-brain-body-parenting/>

**Why Children Laugh, Evade, or Get Angry When Being Corrected (No, your child is not a sociopath).** (2020, January 28). Claire Lerner. [www.lernerchilddevelopment.com/mainblog/2020/1/why-children-laugh-when-being-corrected](http://www.lernerchilddevelopment.com/mainblog/2020/1/why-children-laugh-when-being-corrected)

**When Kids Act Mean: Why some kids have trouble being kind and what you can do.** (2021, April 5). Claire Lerner. <https://www.lernerchilddevelopment.com/mainblog/2021/4/5/when-kids-act-mean-why-some-kids-have-trouble-being-kind-and-what-you-can-do>

**The Surprising Secret Behind Kids' Resistance and Opposition.** (n.d.) Debora MacNamara for Neufeld Institute. <https://neufeldinstitute.org/the-surprising-secret-behind-kids-resistance-and-opposition/>

### Promoting Foundations of Infant Early Childhood Mental Health

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#### CARE TO CONNECT

**Allomothers: We Were Never Meant to Mother Alone.** (2022, May 3). Darcia Narvaez. <https://kindredmedia.org/2022/05/allomothers-we-were-never-meant-to-mother-alone/>

**Animated History: The Evolution of Parenting.** (2018, June 22). John Poole for NPR.  
[www.npr.org/sections/goatsandsoda/2018/06/22/621857925/animated-history-the-evolution-of-parenting](http://www.npr.org/sections/goatsandsoda/2018/06/22/621857925/animated-history-the-evolution-of-parenting)

**Simple Interactions Tool.** (2018). Li, J., Akiva, T., & Winters, D. for Simple Interactions.  
[www.simpleinteractions.org/the-si-tool.html](http://www.simpleinteractions.org/the-si-tool.html)

**On Repair.** Becky Kennedy @drbeckyagoodinside

(2022, June 26). [www.tiktok.com/@drbeckyatgoodinside/video/7113710896127511851?lang=en](https://www.tiktok.com/@drbeckyatgoodinside/video/7113710896127511851?lang=en)

(September, 13, 2023).

[www.tiktok.com/@drbeckyatgoodinside/video/7278425339427261742?lang=en](https://www.tiktok.com/@drbeckyatgoodinside/video/7278425339427261742?lang=en)

**Repairing Relationships with a Time-in.** (2018). Cooper, Hoffman, and Powell for Circle of Security.  
[www.circleofsecurityinternational.com/wp-content/uploads/Ch-7-Repairing-relationships-with-a-timein-1.pdf](http://www.circleofsecurityinternational.com/wp-content/uploads/Ch-7-Repairing-relationships-with-a-timein-1.pdf)

## **CO-REGULATE EXPERIENCE**

**Pause – Reset – Nourish (PRN)\* to Promote Wellbeing: Use as Needed to Care for Your Wellness!**  
National Center for Child Traumatic Stress. (2020).

English: [www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness](http://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness)

Español: [www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness-sp](http://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness-sp)

**Fierce Self-Compassion Break.** (n.d.). Greater Good in Action.

[https://ggia.berkeley.edu/practice/fierce\\_self\\_compassion\\_break?utm\\_source=Greater+Good+Science+Center&utm\\_campaign=1fd84ce900-](https://ggia.berkeley.edu/practice/fierce_self_compassion_break?utm_source=Greater+Good+Science+Center&utm_campaign=1fd84ce900-)

[GGIA Newsletter March 2023&utm\\_medium=email&utm\\_term=0\\_5ae73e326e-1fd84ce900-74741052](https://ggia.berkeley.edu/practice/fierce_self_compassion_break?utm_source=Greater+Good+Science+Center&utm_campaign=1fd84ce900-GGIA_Newsletter_March_2023&utm_medium=email&utm_term=0_5ae73e326e-1fd84ce900-74741052)

**A strategy for “dramatic” kids.** (May 15, 2022). Becky Kennedy @drbeckyagoodinside  
<https://www.tiktok.com/@drbeckyatgoodinside/video/7098102426946800942?lang=en>

**Validating Your Child's Emotions.** (June 25, 2023). Healthwise® for Kaiser Permanente®.

<https://healthy.kaiserpermanente.org/health-wellness/health-encyclopedia/he.validating-your-child's-emotions.acl8708#:~:text=Show%20that%20you're%20listening,they're%20feeling%20and%20why>

**De-Escalation Techniques for Kids: Mirror and Match.** (April 23, 2020). Bob Nickles for ChildSavers.  
[www.childsavers.org/deescalation-techniques/](http://www.childsavers.org/deescalation-techniques/)

## **CO-REGULATE EXPERIENCE continued**

**The Window of Tolerance Reimagined.** (July 6, 2018). Tracey Farrell. <https://youtu.be/ZVEDueyZ2C4>

**Panda's Island of Regulation.** (Aug 29, 2018). Tracey Farrell. <https://youtu.be/HXE8DIMiv8Y>

### **CO-CREATE HEALTHY ENVIRONMENTS**

**Why Conscious Discipline Consequences Work and Punishments Don't (And How to Give Effective Consequences).** (Aug 29, 2018). Becky Bailey for Conscious Discipline.

<https://consciousdiscipline.com/why-conscious-discipline-consequences-work/>

**Dispelling the Myths of Inclusion.** (Spring 2014). TASH. <https://tash.org/wp-content/uploads/2015/04/Myths-of-IE.pdf> Accessed from PA EITA. Inclusion. <https://www.eita-pa.org/inclusion/>.

**David Whitebread – How can you support the development of self-regulation?.** (n.d.). Siren Films. [www.sirenfilms.co.uk/library/david-whitebread-how-can-you-support-the-development-of-self-regulation/](http://www.sirenfilms.co.uk/library/david-whitebread-how-can-you-support-the-development-of-self-regulation/)

### **ADDITIONAL RESOURCES**

**TED Talk- The single most important parenting strategy**

[https://www.ted.com/talks/becky\\_kennedy\\_the\\_single\\_most\\_important\\_parenting\\_strategy?hasSummary=true&language=en](https://www.ted.com/talks/becky_kennedy_the_single_most_important_parenting_strategy?hasSummary=true&language=en)

**TED Talk- How every child can thrive by five**

[https://www.ted.com/talks/molly\\_wright\\_how\\_every\\_child\\_can\\_thrive\\_by\\_five?hasSummary=true&language=en](https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five?hasSummary=true&language=en)

**Conscious Discipline** <https://consciousdiscipline.com/>

**Sesame Street for Families**

[https://sesameworkshop.org/resources/?\\_ga=2.18667833.1098066493.1698897128-870410520.1698897126](https://sesameworkshop.org/resources/?_ga=2.18667833.1098066493.1698897128-870410520.1698897126)

**Little Otter** [www.littleotterhealth.com/](http://www.littleotterhealth.com/)

**North Star Paths, Graphics – Free Downloads** <https://northstarpaths.com/graphics-free-downloads/>

### **NOTE**

Resources tend to be directed toward parent or teacher audiences. We believe that each is applicable to both parents and teachers as caregivers. We invite you to reach for what applies to your context. And there is so much more! Please feel free to reach out for additional resources and information for supporting the foundations of IECMHC in your setting and context.

## IECMH CONSULTATION AT THE PENNSYLVANIA KEY

IECMHC at the Pennsylvania Key. [www.pakeys.org/iecmh/](http://www.pakeys.org/iecmh/)

IECMHC Office Hours at the Pennsylvania Key.

[www.pakeys.org/wp-content/uploads/2022/01/Pennsylvania-Key-IECMHC-Virtual-Office-Hours.pdf](http://www.pakeys.org/wp-content/uploads/2022/01/Pennsylvania-Key-IECMHC-Virtual-Office-Hours.pdf)

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“You’re Exactly Where You Need To Be.” – Nat Vikitsreth

The IECMHC Program at the Pennsylvania Key is here to help.