

Foundations of Infant Early Childhood Mental Health:

Care, Co-Regulate, & Co-Create

OCDEL Conference 2025 - Pittsburgh

April 22, 2025

Additional Resources

Infant Early Childhood Mental Health Consultation at the Pennsylvania Key

IECMH Program Website <https://www.pakeys.org/iecmh/>

Contact PAIECMH@pakeys.org

IECMH Office Hours. This program is available for teachers, administrators, parents/caregivers, partners and stakeholders.

Flyer: <https://www.pakeys.org/wp-content/uploads/2024/05/Pennsylvania-Key-IECMHC-Virtual-Office-Hours.pdf>

Appointments:

<https://forms.office.com/pages/responsepage.aspx?id=5tzxamn3pkybPYUgMdOaJcOhCewhi-ZCoMd1iuQWDUJUN0w5TFdPSFZCWkVVVTM5Skk4TU1FRUU0NC4u&route=shorturl>

Child Development and Infant Early Childhood Mental Health (IECMH)

8 Things to Remember about Child Development. Harvard Center on the Developing Child.

<https://developingchild.harvard.edu/resources/briefs/8-things-remember-child-development/>

8 Essential Outcomes framework for Black Child Development. National Black Child

Development Institute. <https://www.nbcdi.org/eight-by-eight/>

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/

Advancing Infant and Early Childhood Mental Health. ZERO TO THREE.

<https://www.zerotothree.org/issue-areas/infant-and-early-childhood-mental-health/>

Early Relational Health. American Academy of Pediatrics. <https://www.aap.org/en/patient-care/early-childhood/early-relational-health/?srsltid=AfmBOor5YvsliCQ2goC9xt2QBonwHU16Q0rgfksBt6XlPs0vBb3rkqEk>

Rethinking Behavior

Neuroception: A subconscious system for detecting threats and safety. Stephen Porges for ZERO TO THREE.

<https://chhs.fresnostate.edu/ccci/documents/07.15.16%20Neuroception%20Porges%202004.pdf>

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/>

Stress, Trauma, and the Brain: Insights for Educators. Bruce Perry for PBS.

<https://www.pbs.org/show/cetthinktv-education/collections/stress-trauma-and-brain-insights-educators/>

Introduction to Brain Body Parenting. (2022, March 13th). Mona Delahooke.

<https://monadelahooke.com/introducing-brain-body-parenting/>

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/>

A Guide to ADHD and Race in Children & Families. Little Otter.

<https://www.littleotterhealth.com/blog/adhd-and-race>

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

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

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

Simple Interactions Tool. (2018). Li, J., Akiva, T., & Winters, D. for Simple Interactions.

www.simpleinteractions.org/the-si-tool.html

The single most important parenting strategy. (2023). Becky Kennedy.

https://www.ted.com/talks/becky_kennedy_the_single_most_important_parenting_strategy?subtitle=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

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

Español: 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+S

[cience+Center&utm_campaign=1fd84ce900-](#)

[GGIA Newsletter March 2023&utm_medium=email&utm_term=0_5ae73e326e-1fd84ce900-74741052](#)

Pushing Past Challenging Behaviors in the Classroom – Angela Searcy, EdD. 2022, February 14). <https://www.youtube.com/watch?v=WMZ61XbpLR0>

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>

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 PHYSICAL AND INTERPERSONAL ENVIRONMENTS

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

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

Rethinking Power Needs. (2023, May 23). The MEHRIT Centre. <https://self-reg.ca/rethinking-power-needs/>

How To Support Vs. Enable Your Highly Sensitive Child. Claire Lerner.

<https://www.lernerchilddevelopment.com/mainblog/2023/9/19/how-to-support-vs-enable-your-highly-sensitive-child>

ADDITIONAL RESOURCES

Chazz Lewis. <https://www.youtube.com/channel/UCAUEOE6OP0DSOuVTIN8okrQ>

BABIES. Netflix. <https://www.netflix.com/title/80117833>

Resources for Parents. Circle of Security.

<https://www.circleofsecurityinternational.com/resources-for-parents/>

Publications. National Black Child Development Institute. <https://www.nbcdi.org/elementor-5159/>

TED Talk: You aren't at the mercy of your emotions -- your brain creates them. Lisa Feldman Barrett.

https://www.ted.com/talks/lisa_feldman_barrett_you_aren_t_at_the_mercy_of_your_emotions_your_brain_creates_them?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

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

Little Otter. www.littleotterhealth.com/

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

Sesame Street for Families.

https://sesameworkshop.org/resources/?_ga=2.18667833.1098066493.1698897128-870410520.1698897126

A Funny Take on Millennial Parenting with Ilana Glazer. Good Inside.

<https://www.youtube.com/watch?v=QBN-vzCvCnQ>

Presenter Contacts

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NOTE: Resources tend to be directed toward parent or teacher audiences. We believe that each can be contextualized to parents and/or teachers as caregivers. We invite you to lean into what feels useful. Please feel free to reach out for additional resources and information for supporting the foundations of IECMHC in your setting and context.