



What is Infant/Early Childhood Mental Health Consultation?

Are you comfortable talking about concerns with your child's early childhood education and care program?

Has your child been in multiple early learning programs or asked to leave a program?

Learn more about how **Infant/Early Childhood Mental Health and Consultation** can support your early learner...

Infant/Early Childhood Mental Health Consultation Promotes School Readiness By:

- Nurturing a solid foundation in emotional calming strategies, managing new experiences and social skills that builds and strengthens future success, and a love of learning
- Offering support to build the partnership between parents/guardians and early childhood educators to support young children's growth and development

What are the benefits of I/ECMHC for Infants and Young Children?



Improved social skills



Reduced suspensions and expulsions



Improved emotional functioning



Improved child-adult relationships



Reduced challenging behaviors

Caregiver Connections
Intake Coordinator
217.592.0389

caregiverconnections.org
bit.ly/IL-IECMHC

Scan the QR code

- Open the camera app
- Focus the camera on the QR code by gently tapping the code
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Source: Granja, M., Chow, K., Smith, S., Nakamura, J., & Grindal, T. (2021). How Early Childhood Education Providers Can Use COVID-19 Relief Funds to Establish Lasting Mental Health Supports for Staff and Children. Available online at <https://www.nccp.org/publication/how-early-childhood-education-providers-can-use-covid-19-relief-funds-to-establish-lasting-mental-health-supports-for-staff-and-children/>

Consultation Promotes Infant/Early Childhood Mental Health by Supporting Adults in Helping Children to:



Form close and secure relationships with adults and peers



Experience, manage, and express a full range of emotions



Explore the environment and learn

...rooted in family, community, and culture.

Adapted from: Zero To Three

Key Terms You Might Hear From Your Child's Early Childhood Education and Care Program:

Cognitive Development: How children learn to think, make decisions and solve problems.

Developmentally Appropriate Practice: Strategies that are based on knowledge of how young children develop and learn, what makes each child unique, and the child's community, family culture and home language.

Physical and motor development: How children use their bodies to make large movements with their legs and arms (gross motor), and small movements with their fingers and hands (fine motor).

Self-regulation: How children learn to control their feelings and their bodies.

Social and emotional development: How children learn about feelings. It helps them feel good about themselves and helps them understand the feelings of other people.

Scaffolding: When an adult helps children learn at a faster rate and more than they would on their own.

Adapted from: NAEYC "12 Teacher Terms Demystified"

How do I find a consultant?

If your child is under the age of five and attends a child care program (home-based, family, friend, or neighbor care, or center-based), you can learn more about accessing FREE Infant/Early Childhood Mental Health Consultation. There is no cost to you or the child care program. Please visit the Caregiver Connections website at caregiverconnections.org or call 217.592.0389 to learn more.

"I have worked with a Consultant as an ECE professional, and as a parent. It was extremely helpful. The Consultant helped me bring my concern to my child's teacher and I was able to advocate and access speech therapy for my child."



Governor's Office of
Early Childhood Development

Mental Health
Consultation In Illinois

bit.ly/IL-IECMHC

IECMHC: Building Emotional Well-being,
One Relationship at a Time