

Infant and Early Childhood Mental Health Training

Are you a **childcare provider** working with young children (prenatal to six years old) and their families?

Are you looking for ways to support social and emotional development and address challenging behaviors with the children you serve?

Look no further!

United Way of Allen County, in partnership with the Alliance for the Advancement of Infant Mental Health, is offering this transformative 10-day series through a scholarship valued at \$2,800 per participant.

In this series, you will learn how to better understand child behaviors and build even stronger, positive relationships with the children and families you serve which will help reduce stress, burnout, and turnover.



Commitment: Full day, once a month

When: September 2025 - June 2026 4th Tuesday of the month, 9:00am - 4:00pm

Training Benefits:

- A \$750 stipend to help pay for any substitutes or staff coverage.
- The opportunity to participate in a virtual reflective consultation group. This group is designed to help you deepen your understanding of the training content and apply it directly to your work with children and families, fostering greater reflection and integration of the principles into your practice.

Suggested Participants:

This series is designed for teachers, childcare providers, or home visitors working with families with children aged 0-6 years. Ideally, participants should be actively working with at least one family with a child in this age range. To fully benefit from this series, attendees must commit to attending all/most sessions to the best of their ability.

Registration Link



Registration Deadline:
September 5

Interested? Want to know more?
Email Ruthie Hall at rhall@uwacin.org



Alliance for the Advancement of
Infant Mental Health



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What are Infant Mental Health-Informed Principles?

- Infant mental health (IMH)-informed principles provide a framework for understanding and supporting the emotional well-being of infants and young children within the context of their relationships.
- These principles are grounded in decades of research and **focus on the critical role that early relationships, experiences, and environments play in shaping a child's social, emotional, and developmental health.**

IMH-Informed Principles Emphasize:

- **Relationships are Foundational:** Early relationships between infants and their caregivers are the building blocks for healthy development. These relationships create a secure foundation for emotional regulation, learning, and resilience.
- **Development Happens in Context:** A child's development is influenced by their family, culture, community, and experiences. Infant mental health considers all of these layers and their impact on a child's growth.
- **Early Experiences Matter:** The first few years of life are a critical window for brain development. Positive, nurturing experiences help build healthy brain architecture, while stress or trauma can disrupt development.
- **Reflective Practice is Key:** Professionals working with infants, young children, and families must reflect on their own emotions, biases, and responses to provide the most effective support.
- **Supporting the Whole Family:** Infants don't exist in isolation—supporting their caregivers is equally important. Parents and caregivers who feel seen, supported, and equipped are better able to provide nurturing care for their children.

Upon completion providers are better equipped to facilitate children's healthy social and emotional development.

Studies show that participating in infant and early childhood mental health consultation:

- Improves children's social skills and emotional functioning
- Promotes healthy relationships
- Reduces challenging behaviors
- Reduces providers' stress, burnout, and turnover



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