



HOLDING HOPE

Infant-Early Childhood Mental Health Consultation

Provided by Child Care Aware of Washington

Child Care Aware of Washington Now Offers Infant-Early Childhood Mental Health Consultation



What is Infant-Early Childhood Mental Health Consultation?

Infant-early childhood mental health is sometimes called social and emotional health. Infant-Early Childhood Mental Health Consultation (IECMHC) partners mental health professionals with early childhood professionals to:

- Strengthen and support the efforts of families, child care providers and early childhood systems to promote the optimal social and emotional development of children
- Prevent, identify and reduce the impact of mental health challenges for children and families

IECMHC supports the social and emotional well-being of children and adult caregivers, nurtures responsive relationships and can help with the early identification of social, emotional, behavioral and developmental challenges.



What Does Infant-Early Childhood Mental Health Consultation Look Like?

Our services are based in relationships. They are collaborative and individualized to meet child, family and provider needs in ways that are respectful and responsive.

Research shows IECMHC can:

- Decrease challenging behaviors and prevent expulsion
- Promote healthy social and emotional development
- Strengthen relationships among staff, children and families
- Reduce teacher stress and decrease staff turnover





Infant-Early Childhood Mental Health Consultation activities can include:

- Reflective consultation with teachers, administrators, staff and families
- Supporting providers and families in understanding and responding to children's challenging behaviors
- Classroom observation, both virtually and onsite as needed
- Developing individual support plans and effective strategies for meeting children's and families' needs
- Resources and referrals for children, families and staff
- Providing trainings for staff, administrators and coaches on topics such as Trauma-Informed Practice, Understanding and Managing Challenging Behavior, Expulsion Prevention and more



Consultation for child care providers can include:

- Child/Family Consultation – working collaboratively with providers and families to understand concerns and develop plans to meet child and family needs
- Classroom Consultation – working with caregivers, teachers and coaches to address the classroom conditions and stresses that affect relationships between adults and children
- Program Consultation – consulting with directors, teachers, coaches and others to support changes that benefit all children, families and adults in early learning settings

Early Achievers participants are eligible for Infant-Early Childhood Mental Health Consultation services. Contact your Early Achievers Coach for a referral to the consultant in your region.



Washington State Department of
CHILDREN, YOUTH & FAMILIES