ECLC Infant & Toddler Mental Health Consultation Project

Together with CCR&Rs, New York Center for Child Development, & Docs for Tots

WHAT IS INFANT TODDLER MENTAL HEALTH (ITMH)?

ITMH is the developing capacity of the child from birth to age 3 to:
- Experience, regulate, and express emotions
- Form close and secure interpersonal relationships
- Explore and learn in the context of family, community, and cultural expectations for young children

WHAT IS INFANT TODDLER MENTAL HEALTH CONSULTATION (ITMHC)?

Relationships are at the heart of ITMH Consultation. Consultants and providers work in close collaboration to support the social emotional well being of the children in their care. Together, the consultant and providers explore new practices that look for the best ways of being responsive to the social, emotional, cultural and linguistic needs of the children. There are also many community services and supports that can be integrated into their work together.

WHAT'S OUR PURPOSE?

ITMH Consultants aim to create a long-term, sustainable improvement in the mental health of New York State's Infants and Toddlers, by building the capacity of adults in children's lives. The ITMHC Project serves as an important resource for early care and education providers to:

- Improve children's social and emotional functioning
- Reduce challenging behaviors
- Impact the prevalence of suspension and expulsion of children of color

WHEN TO REACH OUT TO AN ITMH CONSULTANT?

A consultant might come in to:
- Utilize evidence-based techniques in implementing social-emotional skills in the classroom
- Support the understanding of particular social and emotional needs of children
- Collaborate to intentionally engage children in learning about feelings and regulating behaviors
- Provide assessments to support the teacher in understanding what the needs might be in the classroom
- Work together on formulating a plan to address issues that come up in the assessments
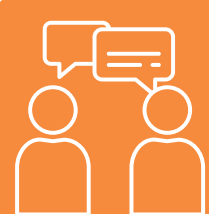
WHO ARE ITMH CONSULTANTS?

ITMH Consultants are highly trained mental health professionals with backgrounds and experience in infant toddler social emotional development and adult mental health.

Early Care & Learning Council
United to Promote Quality

www.earlycareandlearning.org