



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)?

Infant Toddler Mental Health is synonymous with Social Emotional Development, all in the context of **relationships** with caregivers and their community. Social Emotional Development is a child's ability from birth to age 3 to express, recognize, and manage emotions, as well as respond appropriately to others' emotions to create and sustain meaningful relationships with adults and other children.



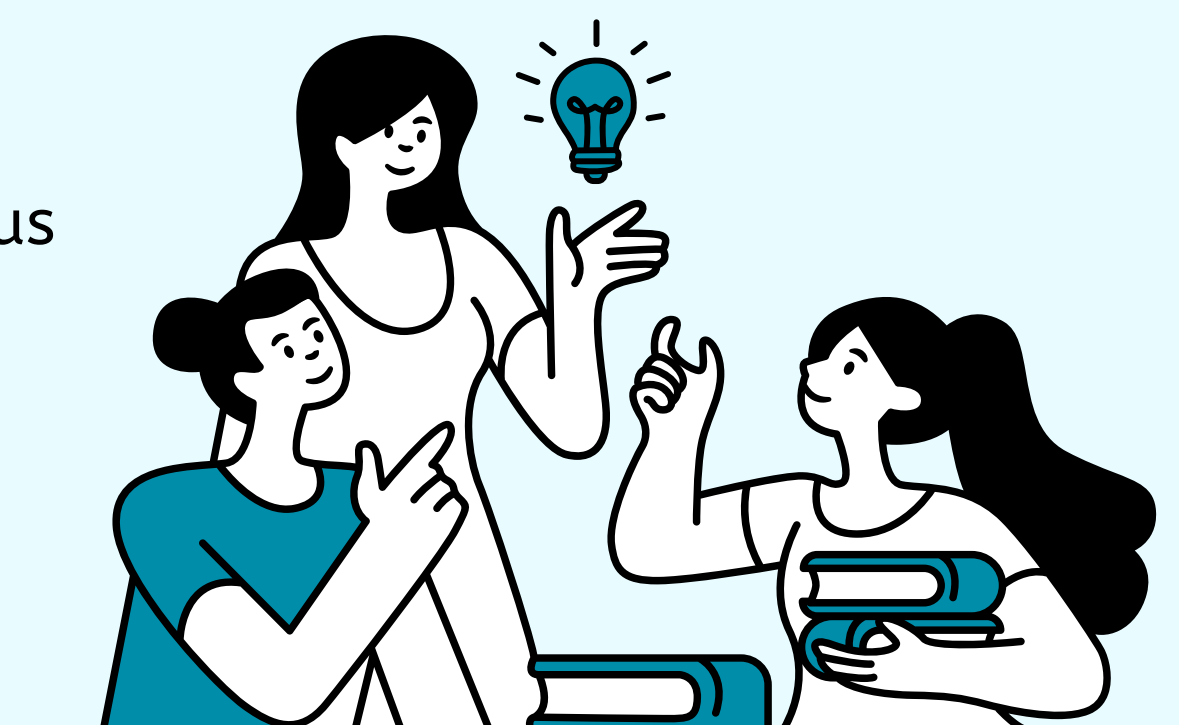
WHAT IS INFANT TODDLER MENTAL HEALTH CONSULTATION (ITMHC)?

ITMH Consultants work collaboratively with adults in child care programs to address Social Emotional Development, challenging behaviors, and help grow adult capacity to respond effectively to a variety of stressors and challenges in the classroom and program. ITMH Consultants support programs holistically and collaboratively identify goals and strategies with the providers they support.

ADDITIONAL STAFF TRAINING OPPORTUNITIES

ITMH Consultants are available to provide training around various topics including:

- Adverse Childhood Experiences (ACEs) and Trauma Informed Care
- Self-Care
- Social Emotional Development



Early Care &
Learning Council
United to Promote Quality

To contact your local Infant Toddler Mental Health Consultant, visit our website, www.earlycareandlearning.org.