

Nurturing Nebraska's Youngest: Infant and Early Childhood Mental Health (IECMH) Matters



Nebraska Association
for Infant Mental Health

NAIMH promotes the social-emotional well-being and health of infants and young children across Nebraska.

www.neinfantmentalhealth.org

What is IECMH?

Infant and Early Childhood Mental Health (IECMH) refers to the developing capacity of a child from birth to age five to experience, regulate, and express emotions; form close and secure interpersonal relationships; and explore the environment and learn—all in the context of family, community, and culture. (Zero to Three, www.zerotothree.org)

Why it Matters:

Builds Strong Brains

Early experiences shape lifelong development

Fosters Healthy Bonds

Secure relationships are the foundation for well-being

Sets the Stage for Success

Social-emotional skills lead to thriving children

"What happens in the first few years of life matters, because early experiences affect the architecture of the developing brain."

—Jack P. Shonkoff

We all play a role in impacting IECMH through Promotion, Prevention, and Intervention, including:

Parents/Caregivers

Early Intervention

Early Care and Education

Policy

Home Visitors

Judicial System

Child Welfare

Pediatric/Family Health Care