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



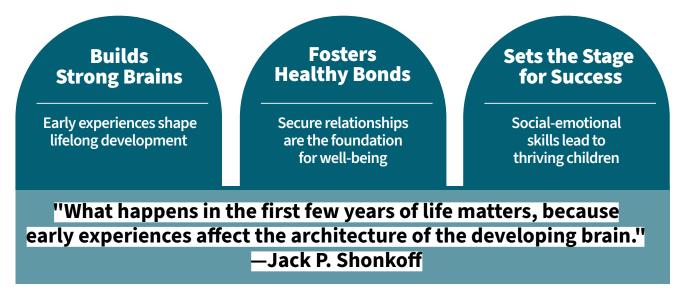
NAIMH promotes the social-emotional well-being and health of infants and young children across Nebraska.

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:



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

