

Concern about and attention to the importance of infant and early childhood mental health has increased dramatically since COVID. Families of all backgrounds in [one study](#), for example, reported greater concerns about their children's social-emotional development than before the pandemic. So, with the school year drawing near, it seemed like a good time to share some resources for use by educators, families, and leaders. This list is not comprehensive but it should provide a good start.

## **Briefing Paper: Infant and Early Childhood Mental Health and Early Intervention (Part C)**

<https://ectacenter.org/topics/iecmh/iecmh-partc.asp>

This [Briefing Paper](#) explores the policies and practices of Infant and Early Childhood Mental Health (IECMH) that state early intervention (Part C) programs may consider implementing to meet the social-emotional and mental health needs of infants and toddlers in the context of relationships with their parents and other caregivers.

## **Resources on Infant and Early Childhood Mental Health (IECMH)** <https://ectacenter.org/topics/iecmh/>

Visit this recently updated topic page from the Early Childhood Technical Assistance Center to learn about policies and practices for supporting the social and emotional development and mental health of children from birth to age 5 that are provided within the context of the child's relationships with family and caregivers. Resources range from an overview of IECMH to resources and professional development opportunities.

## **Infant and Early Childhood Mental Health**

<https://childcareta.acf.hhs.gov/infant-toddler-resource-guide/learning-suite/micro-learning-bytopic/IECMH>

This site offers resources (e.g., infographics, articles, reflective exercises, videos) that are organized around the parts of the IECMH definition. The same resources are all available in Spanish (<https://childcareta.acf.hhs.gov/la-salud-mental-infantil-y-en-la-primera-infancia>).

## **The Center of Excellence for Infant and Early Childhood Mental Health Consultation**

<https://www.iecmhc.org/>

This federally-funded center provides free resources including infographics, studies, videos, and other resources related to the IECMH field, its impact, and federal policies that affect implementation. One resource at this site, **What Works? A Study of Effective Early Childhood Mental Health Consultation Programs – 2009** highlights the critical factors for an effective intervention in supporting a child's social, emotional, and behavioral development, as well as the structures needed to make a program successful.

## **ZERO TO THREE**

<https://www.zerotothree.org/early-development/infant-and-early-childhood-mental-health>

This organization has an extensive history of investment in and commitment to IECMH. This section of their website includes free resources (e.g., podcasts, archived webinars, tips and tools, and other resources). There is a pulldown menu at the bottom of this page for selecting specific types of resources (e.g., for families, for advocacy, in Spanish, etc.). A set of IECMH [policy briefs](#), each of which provides an overview of key topics, a summary of key terms, and policy recommendations, can be an excellent resource for advocates, professionals, and leaders.

<https://www.zerotothree.org/resources/series/infant-and-early-childhood-mental-health-iecmh-policy-series#:~:text=This%20series%20of%20ZERO%20TO,behavioral%20health%20administrators%2C%20and%20advocates>

Natural Resources is a free, monthly, one-way listserv. Each issue features readily available and free resources on a specific topic related to children from birth through Grade 3 and their families. [Highlighted resources are available in English and Spanish.](#) Natural Resources is compiled and distributed by Camille Catlett. Past issues are archived at <https://scriptnc.fpg.unc.edu/natural-resources-monthly-newsletter> To subscribe or unsubscribe, please contact Camille Catlett at [camille.catlett@unc.edu](mailto:camille.catlett@unc.edu)