



Find strategies and resources to promote early relational health, family strengths, and research based approaches to traumatic stress.

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What is Infant & Early Childhood Mental Health video

Watch this video (03:28) as Sherri Alderman, MD, FAAP defines and clarifies what infant and early childhood mental health is using both the World Health Organization's view of health and Dr. Siegel's definition of infant mental health.

Sources: American Academy of Pediatrics Council on Early Childhood

Links: <https://www.youtube.com/watch?v=PW3iLkGk4pU&feature=youtu.be>



The First 1,000 Days: Bright Futures Examples for Promoting Early Brain and Child Development

This 3-page grid, from the AAP Early Brain and Child Development Program website, crosswalks simple strategies for promoting social and emotional development at well-child visits from 4-36 months.

Source: American Academy of Pediatrics

Link: https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/EBCD/Documents/EBCD_Well_Child_Grid.pdf

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Medical Traumatic Stress: What Health Care Providers Need to Know

This tri-fold printable brochure is a brief overview of traumatic stress and an approach to considering and asking about traumatic stress using a “Distress, Emotional Support, and Family” approach. Guidance includes prevention and supportive strategies.

Source: National Child Traumatic Stress Network

Link:

https://www.nctsn.org/sites/default/files/resources//medical_traumatic_stress_what_health_care_providers_need_to_know.pdf



Siegel Brain Model

In this video (2:31), Dr. Siegel uses a simple hand model of the brain to briefly explain emotional and cognitive function.

Source: Dr. Dan Siegel

Link: <https://www.youtube.com/watch?v=qm9CIJ740xw>

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Strengthening Families

This 2-page downloadable document, *Strengths-Based Practice in Troubled Times*, from Strengthening Families™, aligns with their research-informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect. This document outlines 6 strategies for supporting parents and a reminder of the importance of providers' self-care.

Source: Center for the Study of Social Policy Link:
<https://cssp.org/wp-content/uploads/2020/05/Strengthening-Families-COVID-tool-for-workers-FINAL.pdf>



Building Relationships: Framing Early Relational Health

Early relational health (ERH) is an emergent term drawing attention to the essential early relational experiences that contribute to infant/toddler development and overall child and family well-being. Resources included here: (1) *Early Relational Health: An Introduction, webinar* (1:09:17) & slide deck (31 slides) where David Willis, MD, shares examples of early relational health promotion in general pediatric practice, among caregiving professionals, and parents, and the broader community and (2) FrameWorks' 34-page published document, *Building Relationships: Framing Early Relational Health*.

Sources: Center for the Study of Social Policy & FrameWorks

Links:

- <https://cssp.org/resource/early-relational-health-community-level-strategies/> (recording)
- <https://cssp.org/wp-content/uploads/2019/06/Early-Relational-Health-Webinar-6.12.19.pdf> (slide deck)
- <https://www.frameworksinstitute.org/wp-content/uploads/2020/06/FRAJ8069-Early-Relational-Health-paper-200526-WEB.pdf> (document)

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Three Daily Mindfulness Practices for Healthcare Workers

This website provides three simple practices that healthcare workers can use in their everyday activities for self-care and stress relief. Scrolling down on the home page, two such practices include A Mindful Way to Wash Your Hands and The Doorknob or S.T.O.P. Practice.

Source: Mindful: Healthy Mind, Healthy Life

Link: <https://www.mindful.org/three-daily-mindfulness-practices-for-healthcare-workers/>

