

Professional Pathways

AIMHiTN exists to support infants and young children and the adults who impact their early relational health. Our focus is on delivering education, training and resources to assist caregivers, educators and other professionals in their everyday interactions with infants, young children and their families. Our work helps ensure healthy communities and a productive workforce for generations to come. Simply put, we support the workforce that supports our future workforce.

Training Pathway

Application

For the professionals who currently work with families, supporting IECMH principles in the home or other setting, and want to develop their skill set and acquire a deeper understanding of how this impacts the families they serve.

Training Topics

How Relationships Shape Who We Become



Cost: 1-2 hours: \$250, 3-4 hours: \$350

Description: All of us are born with an inherent need for connection, for the desire to engage with build relationships with others. This training will help to explain how a baby's early relationship experiences set the stage for future brain functioning. We will show how healthy brain development depends on the quality and reliability of a young child's relationships with the most important people in his/her life.

Weaving inclusion into Everyday Activities



Cost: 1-2 hours: \$250, 3-4 hours: \$350

Description: Weaving Inclusion into Everyday Activities is all about integrating inclusion into your daily life. Whether it's in the classroom, at home, or in the community, we'll explain why inclusion is important for children and those who care for them. This training will reference real-life examples to show how simple actions can allow our little ones access to participate with their peers. Our aim is to offer a model of inclusion that can be utilized in your every day interactions, making inclusion "a way of being."

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Facilitating Attuned Interactions (FAN)

Cost: 2 Day Training: \$7500.00

Description: FAN's focus is upon strengthening the provider-parent relationship, resulting in parents who are attuned to their children and ready to try new ways of relating to them. Tools provided by FAN equip practitioners to read cues from parents and themselves and thereby provide more empathetic responses. Utilization of the FAN approach shows practitioners becoming more focused on parenting, more reflective and collaborative, and feeling less burnout. Supervisors present with more self-aware, ask more questions, process supervisees' feelings and provide supervision, which was more reflective.

Reflective Practice Culture in the Workplace

Cost: 1-2 hours: \$250, 3-4 hours: \$350

Description: Participants will learn strategies to cultivate empathy, enhance communication, and develop a deep understanding of their own strengths and areas for growth. Through an interactive approach to learning, you will explore the significance of self-awareness, emotional intelligence, and active listening in professional settings. This training will encourage a culture of continuous learning, adaptability, and mutual respect, contributing to a harmonious and productive workplace environment.

Co-Regulation in the Classroom

Cost: 1-2 hours: \$300, 3-4 hours: \$450

Description: Self-regulation is a learned skill that does not come naturally to children. It is up to caregivers to teach little children healthy tools that help manage their big emotions. This training will discuss how to provide a warm, responsive relationship, structure the environment, and teach self-regulation skills. Attendees will learn co-regulation tools they can use in those moments of big feelings to help calm themselves, thus creating calm spaces for the littles they are with. Children all learn and grow differently, so the more tools in our toolbox, the more resources, and techniques we have to utilize successfully.



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The Impact of Belonging on a Child's Early Relational Health and Development

Cost: 1-2 hours: \$300, 3-4 hours: \$450

Description: Belonging in their spaces plays a valuable role in a child's social and emotional development. This training will cover awareness around unconscious bias, how having a sense of or lack of belonging impacts health, and how to create an environment of belonging.



Early Infant Feeding and Attachment

Cost: 1-2 hours: \$300, 3-4 hours: \$450

Description: This training is designed to empower caregivers, and those who support them, with essential knowledge and skills for nurturing strong bonds with infants through feeding practices. This training emphasizes the importance of responsive feeding to infants' cues and needs. Participants will learn about the emotional and psychological aspects of feeding, exploring the role of feeding in building secure attachment relationships between caregivers and infants. By understanding the critical link between feeding and attachment, caregivers gain confidence in their ability to provide not only nourishment but also emotional security, laying a foundation for healthy infant development.



Journey to Endorsement

Cost: 1-2 hours: \$300, 3-4 hours: \$450

Description: This training will provide a deep dive into the details of the pathway to earning Infant/Early Childhood Mental Health Endorsement®. Participants will gain an understanding of the benefits of Endorsement®, how to begin the Endorsement® process, and an inside look at the application process.



Strong Foundations Build Strong Futures: Why IECMH matters

Cost: 1-2 hours: \$300, 3-4 hours: \$450

Description: This training will provide an in-depth look into what Infant and Early Childhood Mental Health means and where it shows up in our communities, discuss how trauma affects the brain and all future development, and how we as advocates can be prepared to support the professionals and caregivers who support the babies.



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Working with Families: A strength-based approach to build a family's capacity

Cost: 1-2 hours: \$300, 3-4 hours: \$450

Description: Every family has their own story that makes them unique and special. This session will highlight ways to engage families in using their uniqueness to create learning opportunities for their child in everyday routines and activities. The process of using coaching strategies to support parents while adhering to adult learning principles will be presented from a research to practice framework.



Emergency Preparedness

Cost: 1-2 hours: \$300, 3-4 hours: \$450

Description: Infant and Early Childhood professionals prepare for emergencies with intentionality by developing fire drills, evacuation plans, etc. This training will cover how to utilize our PERRT Toolkit to prepare children emotionally for emergencies, provide sample scripts of how to talk to children regarding an emergency, and how to repair emotionally after an emergency.



Early Attachment through Infant Massage

Cost: 1-2 hours: \$300, 3-4 hours: \$450

Description: A baby's world revolves around touch from the moment they are born. Even though infants cannot speak, they communicate in so many ways through movement. Decades of studies have shown that a gentle, massaging touch can positively affect development and encourages healthy attachment between a parent and child. This training will help you understand the benefits and impact of infant massage.