

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

Foundational

For the professionals who wish to have a basic knowledge of IECMH and how they can better support early relationships within families or caregiving situations.

Training Topics



Infant and Early Childhood Mental Health 101

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

Description: Infant and early childhood mental health (IECMH) is relationship-based practice. This training will cover how ghosts and angels in the nursery impact the social-emotional development of infant and young children, how the caregiver relationship plays a role in development and how our communities support healthy IECMH.

Building Strong Brains

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

Description: Building Strong Brains builds stronger futures for our children. This training, developed by TCCY, discusses early brain development, serve and return interactions, the impact of Adverse Childhood Experiences on brain development, and building resilience



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Impact of Play on Infant and Toddler Mental Health

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

Description: “The world of pretend play is one in which children can be free to express themselves, their ideas, and their fantastic visions of themselves, of other people and the world” Sandra Russ, psychologist. In this training, participants will learn about how play supports strong foundations for healthy mental health and how to set up and utilize a young child’s play to support the caregiver/child relationship. Participants will have the opportunity to learn and develop 2-3 play activities that have an intentional focus on caregiver /child relationship and healthy mental health.



Endorsement 101

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

Description: This is an introductory session tailored toward those interested in applying for Infant Mental Health Endorsement® or the Early Childhood Mental Health Endorsement®. Participants will learn more about the categories of Endorsement, requirements for each category, and the process for applying for Endorsement in Tennessee.



Supporting the Social Emotional Development of Infant and Toddlers

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

Description: As professionals in the Infant and Childhood Mental Health field, we are charged with helping children navigate the social and emotional world of everyday life. Defining Social and Emotional Learning is only the first step in supporting the littles we work with. This training identifies intentional ways we can help nurture even our littlest ones through modeling, a highly responsive environment, and connection. The training will discuss an array of hands-on techniques and explore how personal experiences impact relationships, forming long-term patterns and behaviors.

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Belonging in Infant and Early Childhood Mental Health

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

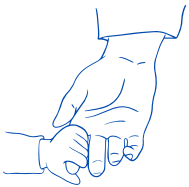
Description: Belonging is an inherent human need and is imperative in building positive early relationships for young children. Children's early relational health and healthy development are optimal when they have a consistent, nurturing, and safe relationship with at least one primary caregiver. This training will explore the important role of professionals in children's early development and how they can create environments where children thrive, and all families experience a felt sense of belonging.



Foundations of Inclusion for Children with Disabilities

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

Description: All children deserve a welcoming environment to support their learning and growth. This training covers essential topics, such as understanding inclusion, advocacy, adapting education, collaboration, and promoting emotional well-being. You'll learn to celebrate every child and family on their journey and ensure every child can thrive. This training is for educators, parents, and anyone who wants to make a difference in the lives of children with disabilities.



A Father's Role in Children's Early Relational Health and Development

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

Description: Belonging is an inherent human need and is imperative in building positive early relationships for young children. Children's early relational health and healthy development are optimal when they have a consistent, nurturing, and safe relationship with at least one primary caregiver. When fathers experience a felt sense of belonging, they feel welcomed, valued, and more engaged in their child's development. This training will explore the important role of fathers in children's early development and how organizations can create environments and systems where fathers experience a sense of belonging.

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Self-care for the Educator

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

Description: "Self-care is never a selfish act. It is simply good stewardship of the only gift I have, the gift I was put on Earth to offer others" (Parker J Palmer). This training allows a space for reflection on how we are currently stewarding ourselves. It incorporates self-care techniques, how to intentionally implement self-care in your day, the importance of modeling self-care, and the space to wonder, express, and share. It allows each of us time to reconnect with ourselves.



Belonging in IECMH: Shifting Organizations Through Cultural Humility

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

Description: Belonging is an inherent human need. We are born seeking connection and feeling understood, valued, and accepted. This presentation will explore research and the concept of belonging by showing the parallel experience of infants and young children to the experience of the professionals who serve them. Through a stance of humility and curiosity, leaders can begin to shift their organizational cultures. We will discuss implications for individuals and organizations to be intentional in their efforts to embed 4 core elements to create spaces where all will experience a felt sense of belonging.