

Infant and early childhood mental health (IECMH) refers to the development of secure relationships with adults and peers, the ability to manage and express a range of emotions, and explore their environment in the context of their family, community, and culture ([Zero to Three, 2017](#)).

This four-part webinar series for 2023 defines IECMH and provides participants with important knowledge, awareness, strategies, and tools to support the healthy socioemotional development of children ages birth to 5 years old.



## Unpacking Infant and Early Childhood Mental Health (IECMH)

April 5, 2023 • 11:00 - 12:30 p.m. ET

This session focuses on defining Infant and Early Childhood Mental Health (IECMH) and its importance for healthy socioemotional development. The discussion includes how to recognize symptoms of unhealthy IECMH, practical approaches professionals can use to improve it, and the importance of addressing IECMH in children and their families who have been historically marginalized.

## Making the Journey Towards Healthy Attachment

July 18, 2023 • 11:00 - 12:30 p.m. ET

Learn how attachment relationships are formed, ways to promote healthy attachment, and information on rebuilding and assisting families who experience separation. Join the discussion to explore how culture and family types may impact attachment.

## Managing Bumps in the IECMH Road

Sept. 2023 • More details coming soon!!

Discover different types of stress and discuss potential impacts on a young child's mental health in both the short- and long-term.

## Choose Your Own IECMH Learning Adventure!

Nov. 2023 • More details coming soon!!

This final session will be shaped by participant feedback and will address (or even revisit) aspects of this important topic as suggested by previous webinar attendees.

## Presenters

Professor Kelly Bost, Ph.D. is a faculty member in the Department of Human Development and Family Studies at the University of Illinois Urbana-Champaign. Her research examines how families and parent-child attachment relationships impact children's socioemotional and health-related outcomes using multi-method approaches.

Samantha Iwinski is a Ph.D. student in the Department of Human Development and Family Studies at the University of Illinois Urbana-Champaign. She works closely with Dr. Bost to examine how families and parent-child relationships impact children's development.

**Continuing Education Credit**  
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