



Child Care Support Network

Early Childhood

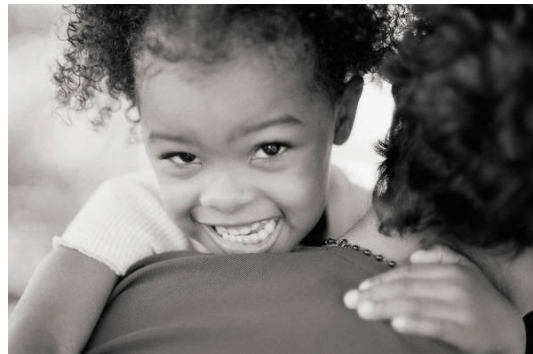
Mental Health Consultation

What is Early Childhood Mental Health?

Young children rely on their relationships with caregivers for healthy development. Positive child care and family relationships are crucial for the promotion of early childhood mental health.

Early Childhood Mental Health is a field that promotes emotional and social competence in young children. Good mental health means the young child can experience, regulate, and express emotions appropriately; form close and secure relationships; and explore, engage, and learn through play.

Understanding early childhood mental health problems is complex. Symptoms may vary from child to child (for example, one child may be withdrawn or distracted, while another is aggressive or anxious). The child's behavior may be linked to challenges the child experiences in his/her relationships. Symptoms may also be related to disruption in a child's routines, such as sleep and eating.



How can Early Childhood Mental Health Consultation help my child care program?

Early Childhood Mental Health Consultants help child care providers to create quality learning environments that support healthy development in young children. Mental Health Consultants develop on-going relationships with child care providers, assess the unique needs of each child care program, and work together on a regular basis to establish and sustain child care environments that meet the mental health needs of the children served.

Mental Health Consultants may work with you to:

- Prevent "crises" related to challenging child behaviors
- Establish effective communication among child care staff about developmental expectations and mental health needs of children in care
- Support effective family engagement
- Structure optimal learning environments that nurture the child's emerging relationships, skills, and development
- Create positive and supportive work environments

CCSN-Early Childhood Mental Health Consultation

What do Mental Health Consultants do?

Mental Health Consultants offer a variety of services to assess the needs of the child care program and to intervene in a meaningful way. Mental Health Consultants can work with your program to:

- Conduct classroom observations and provide feedback to staff
- Develop program improvement plans
- Provide in-service staff training workshops on topics related to early childhood mental health
- Facilitate staff review of challenging child behaviors and developmental concerns to recommend program enhancements (such as child behavior plans or community engagement plans)
- Foster programmatic mentoring and supervision
- Recommend community-based referrals for follow-up assessment and interventions
- Support effective parent engagement
- Conduct evidence-based Parent Training and Teacher Training programs



What does the CCSN- Early Childhood Mental Health Consultation involve?



Child Care Support Network (CCSN) connects interested child care centers with Early Childhood Mental Health Consultants to conduct on-site mental health consultation in childcare settings across Rhode Island. CCSN has developed collaborative relationships with professionals from Bradley Hospital Early Childhood Clinical Research Center and The Providence Center Early Childhood Institute, experts in early childhood mental health consultation.

Funding...

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For more Information about
**Early Childhood
Mental Health Consultation**
Contact
Child Care Support Network
at the
Family Health Information Line
1-800-942-7434

