



*Early Childhood Educators  
and Caregivers Deserve  
Care, Too!*

## **YWCA Metropolitan Chicago is proud to provide Infant and Early Childhood Mental Health Consultation Services**

### **What is Infant/Early Childhood Mental Health Consultation (I/ECMHC)?**

Infant/Early Childhood Mental Health Consultation is a proactive, prevention-based approach that pairs a Mental Health Specialist with early childhood programs (birth to 5 years old) in order to support adults in building their capacity to meet the social and emotional needs of young children.

### **What does a Mental Health Specialist do?**

The Mental Health Specialist collaborates with early educators, including administrators, classroom teachers, and other support staff to provide:

- Monthly site visits
- Observations of classrooms and individual children
- One-on-one or group consultation for early childhood staff
- Guidance developing individualized support plans for children/families
- Professional development training for staff and groups for parents on topics related to Children's Mental Health
- Support with making referrals to community and educational resources
- Guidance for programs on how to support and promote staff wellbeing

### **Research has shown that I/ECMHC can help providers/educators to:**

- Be more reflective
- Feel less stress and more supported with children's behavior
- Feel more confident to manage children's behavior in proactive and positive ways
- Attend to children more equitably and provide individualized supports

## I/ECMHC can help programs to:

- Develop plans for supporting teacher/staff wellness and reduce burnout
- Create more positive classroom environments that support children in developing social and emotional skills
- Strengthen relationships with parents/families
- Reduce the likelihood of expulsion or suspension



YWCA is seeking early education program partners in Bloomingdale Township to receive these services for **FREE**, thanks to the generous support of the Bloomingdale Township Community Mental Health Board!

Email Katherine Layden for more information at [katherine.layden@ywcachicago.org](mailto:katherine.layden@ywcachicago.org).

Visit the website for [Governor's Office of Early Childhood Development](#) or scan the QR Code below to learn more about the research and importance of I/ECMHC.

