

Resources for IECMH Practice Change Champions

Attachment:

- ASCY Hamilton Embracing the Early Years – Attachment <https://www.youtube.com/watch?v=NxTkmlhuqjo> (8 minutes)
- Gordon Neufeld – Attachment videos
 - Making Sense of Kids <https://youtu.be/flGFs7NORRU> (55 minutes)
 - Attachment Roots: Developing the Capacity to Hold On When Apart <https://youtu.be/Q8qt1rv7K9Q> (87 minutes)
- Circle of Security Attachment Based Parenting Program <https://www.circleofsecurityinternational.com/circle-of-security-model/what-is-the-circle-of-security/>
 - Book: The Circle of Security Intervention: Enhancing Attachment in Early Parent-Child Relationships by Bert Powell, Glen Cooper, Kent Hoffman and Bob Marvin ([available from Guilford Press](#))

Infant Mental Health

- Infant Mental Health, The Basics (3 hour training) <https://imhpromotion.ca/Learning-Centre/Workshops/Introduction-to-IEMH-2021>
- Infant and Early Childhood Mental Health Guides for Professionals www.IECMH.ca
 - Click on “for professionals,” then IECMH individual guides for professionals. There are excellent resources and practice guides for working with parents regarding IECMH.
 - All tip sheets are available on the Ottawa Child & Youth Initiative website: <https://www.growingupgreat.ca/english/infant-early-childhood-mental-health/tip-sheets/>
- Best Start Resources:
 - Infant Mental health In an Indigenous Context (1 hour webinar) <https://resources.beststart.org/product/w31e-infant-mental-health-indigenous-context-en/>
 - Parent-Infant Relationships and Health Webinar (1 hour webinar) <https://resources.beststart.org/product/w23e-parent-infant-child-relationships-and-health-webinar/>
- Brain Story Certification (30 hour training) <https://www.ottawapublichealth.ca/en/professionals-and-partners/iecmh.aspx> Understanding the Early Childhood Links to Addiction, Mental health and Health Outcomes

Resilience:

- Aces and Resilience Training Modules – Aces Coalition Guelph & Wellington County <https://acescoalition.ca/get-trained/> (5-7 hour training)
- Child Development Resource Connection Peel <https://www.cdrcp.com/professional-education#e-learning-opportunities>
 - Compassionate Care & Fatigue (Part 1) – Beyond Kale and Pedicures: What works to reduce the stress and challenges of our work? (1 hour webinar) In this first webinar, Françoise Mathieu defines compassion fatigue, burnout, moral distress and secondary traumatic stress (STS) as well as demystifies the natural consequences of working in a high-stress, trauma-exposed environment. Participants will learn to identify key factors that increase their risk of compassion fatigue and STS, learn how to identify their

warning signs and learn about the concept of 'exquisite empathy.'

<https://app.livestorm.co/cdrpc/compassionate-care-and-fatigue-part-1?type=detailed>

Self – Regulation:

- <https://self-reg.ca/educators/> Stuart Shanker's Mehrit Centre for Self-Regulation
- Child Development Resource Connection Peel <https://www.cdrpc.com/professional-education#e-learning-opportunities>
 - Self-Regulation, Stress, and Children's Behaviour (Part 1) (37 minutes webinar) This webinar will give early childhood educators a new and more helpful way of understanding self-regulation in young children. We will define self-regulation and why it's important in early childhood education, differentiate between self-regulation and self-control, learn how to recognize and reduce stress in children and adults, and identify the connection between self-regulation and stress in children, educators, and parents. We will also reframe our view of children's behaviour by examining the difference between stress behaviour and misbehavior and move from a punishment/consequence mindset to one based on compassion, understanding, and support. <https://app.livestorm.co/cdrpc/self-regulation-stress-and-childrens-behaviour-part-1?type=detailed>
 - Self-Regulation, Stress, and Children's Behaviour (Part 2) (48 minutes webinar): This webinar introduces the 5 Domains of Self-Regulation and the 5-Step Shanker Method® along with practical strategies for reducing and alleviating stress in early childhood settings. We will identify signs of stress behaviours and stressors associated with each domain, explore practical strategies to reduce stress in the biological, emotional, cognitive, social, and prosocial domains, and learn strategies that can help children calm down and/or find energy; according to the needs of the situation. <https://app.livestorm.co/cdrpc/self-regulation-stress-and-childrens-behaviour-part-2?type=detailed>

Trauma:

- Trauma Informed Practice, Alberta Health Services (10-12 hours training) <https://www.ottawapublichealth.ca/en/professionals-and-partners/iecmh.aspx#Trauma-Informed-Practice>, in the "Other Courses" accordion tab, click on "Alberta Health Services," then click on eLearning materials
- Making Sense of Trauma Training (2-4 hours of training) www.makingsenseoftrauma.com (2-4 hours training)
- Being Trauma Aware (2.5 hours training) <https://calgarycac.ca/education/being-trauma-aware/>
- The Resilience Guide: Strategies for Responding to Trauma in Refugees www.cmascanada.ca
- National Child Traumatic Stress Network www.nctsn.org
- How Childhood Trauma Affects Health Across a Lifetime https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime