



Mental Health Competencies

Infants are:

- Alert and responsive to their environment
- Easy to engage in smooth reciprocal interactions
- Able to regulate their mood and state

Toddlers can:

- Explore their environment and persist at challenging tasks
- Maintain interactions with adults and peers
- Learn to respond to limit setting
- Look to their caregivers for comfort

Preschoolers can:

- Seek out adults for help
- Agree to rules
- Regulate a wide range of emotions
- Cooperate with peers
- Enjoy mastering skills

CT-AIMH GOALS

- To facilitate statewide collaboration among individuals and agencies concerned with fostering the optimal development of relationships between caregivers and young children
- To encourage the realization that infancy is a critical period in children's social-emotional development
- To enhance public awareness about the social-emotional needs of infants and young children
- To promote education and research concerning the effects of social-emotional development in early childhood on the full range of mental health, developmental and learning outcomes
- To promote awareness that the mental health of parents, families, and other caregivers impacts the development of young children
- To promote scientifically based programs of intervention, prevention and care that optimize emotional well-being in infancy and early childhood

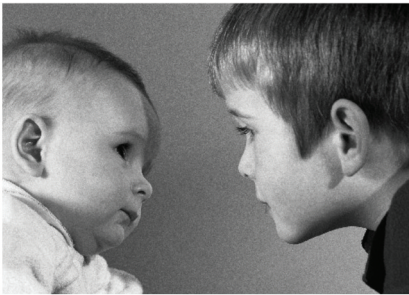


**CONNECTICUT ASSOCIATION
FOR INFANT MENTAL HEALTH**

**Concerned
with the
healthy
social and
emotional
development
of infants
and young
children**

History

The Connecticut Association for Infant Mental Health was formed by a workgroup out of the Child Health and Development Institute Early Childhood Task Force. The first inaugural workshop and membership meeting was held in the spring of 2004. Members include professionals at all levels and caregivers, including families.



Our Mission

The Connecticut Association for Infant Mental Health provides statewide opportunities to enhance knowledge and to promote a positive influence on the social-emotional health and development of infants, young children and their families.

Member Benefits Include

- Exchange of information about programs for young children and other issues affecting the quality of life for young children and their families
- Advocacy with others on behalf of infants, toddlers and their families locally and statewide
- Opportunities to influence the infant mental health network and to work towards the optimal development of infants and young children and their families through committee membership and board meeting attendance
- Reduced registration rates at the CT-AIMH training events



Membership Application

Individual Membership:

Name: _____

Address: _____

Home Phone: _____

Work Phone: _____

Affiliation/Agency: _____

Fax: _____

Email: _____

CT-AIMH Annual Membership Fees:

Current Individual and Student/Parent rates can be found on our website.

Please return completed form and check made out to: United Way of CT (CT-AIMH in memo portion):

United Way of CT
Kareena DuPlessis
1344 Silas Deane Highway
Rocky Hill, CT 06067
Questions? Please call: 860-571-7530

Website: www.ct-aimh.org