



CONNECTICUT ASSOCIATION FOR
Infant Mental Health

Promoting, supporting and strengthening children's earliest relationships
prenatal to age six

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

-Mr. Rogers

Dear colleagues,

This is a letter of hope to you.

The Connecticut Association for Infant Mental Health (CT-AIMH) and the greater infant mental health community, both appreciate all of you **as you continue in your roles as professional helpers** for our vulnerable population of infants, young children and their families, whatever your discipline may be (home visiting, clinical, intervention, teaching, health care, etc.).

We are holding you all in our minds during this time.

Due to the restrictions from the developing national public health situation surrounding COVID-19, **CT-AIMH has made the decision to postpone all trainings** that were scheduled in the upcoming weeks, at least through the end of April. We also decided to **postpone the CT-AIMH 2-day Spring Conference**, until September 15 & 16, 2020.

The purpose of having our trainings and conferences in person is to promote connection, communication, and networking while advancing your knowledge and skills in IMH, but we now have to keep everyone safe and comply with the recommended social distancing and restrictions on large gatherings. We have begun to think of other **ways to stay connected and informed within the IMH community**. We feel that we can help to prevent isolation, loss of connection and lack of access to resources during this time of distancing, by providing suggestions for virtual gatherings and other types professional development(PD).

We wish to continue to support you in your important work and want to let you know of some **FREE PD opportunities and resources** that you and your staff can take advantage of. While we are discouraged from meeting physically in large groups, CT-AIMH is suggesting that you can choose to meet using any online platforms (skype, facetime, google meets, zoom, etc.) to further your PD, and continue learning and growing, by viewing IMH videos, modules, webinars or articles together and then having an online group discussion. We can stay connected and hold each other as a community, and gain strength with support of colleagues, and then we can be buffered from the stress and demands of this new way of being in our world.

This also extends out to the work you will continue to be doing with families. Even if it is done remotely, we all need to **stay connected with families** to help reduce their stress. We recommend that you stay connected, and let them know that you are holding them in mind, and thinking about them and their situation. Regular phone calls, encouraging support, letters, recommendations for activities to do with their children and community supports as the closings continue to happen. Below are a few resources for families as well.

Finally, you can stay connected with a 3-minute dance party. Text friends, family and colleagues when you are feeling stressed and ask for a virtual 3-minute dance party- and then you all stop what you are doing and listen to any music of your choice and dance, knowing others are dancing with you (even if not in person)! Here are two that work well:

I feel better when I'm dancing-Meghan Trainor <https://youtu.be/-N4BKYMuaYo>

Muppet show-Mahna Mahnam https://www.youtube.com/watch?v=8N_tupPBtWQ

Take care and reach-out!!

Warmly,

Heidi Maderia, and the CT-AIMH BOD

PD and Resources Listed Alphabetically

Early Care and Education and Infant/Toddler Care:

ECSU Online videos to view and discuss:

The Center for Early Childhood Education at Eastern Connecticut State University is pleased to let you know that we recently added 100 new clips to the Early Childhood Video Clip Library for Faculty and Trainers. The library now includes a searchable database of 400 clips designed to provide opportunities for awareness and reflection for those who work (or will work) with young children and families. Some clips illustrate examples of child development; others show exemplary teaching practices. The clips were selected to support professional preparation/development delivered by faculty, trainers, coaches, directors/administrators, and others who support adult learning. They range in length from about 20 seconds to a few minutes.

The clips can be searched by age, setting, developmental domain, content area, and/or a variety of more specific tags. If you haven't visited the library in a few months, you'll notice that we have a new, improved site, with thumbnails for each clip and improved search functionality.

You can access the library here: <https://www.easternct.edu/center-for-early-childhood-education/for-faculty-and-trainers/ece-video-clip-library.html>

For a limited time, **First3Years(Texas)** is excited to offer FREE instant access to our Online Educational Webinar Courses.

[http://r20.rs6.net/tn.jsp?f=001qzVIQ843KPkkk-d30eym4_AHN4sSoNyNZ4TJkaWDo-GEYRVUIDJECUfSxJDVZpea5wekR2JSeo_rf7gDuWU0BmGNFmNaZr0JIBff3YFGPuB391Bj9UP8VJBoKGDxfhCe1LqGE2ja_EV1AmPBXJklen9S__P9jJptD_Dv20pDHd9yOji0ZrjK1cBEFFCW3DWr6cQJIOWZK4=&c=Qx8QojFbWtN2WuqE7GG-1Zooe_NuVAcpSPRoUDhYUrsG9Ln_jZcl2Q==&ch=v92JOhux4wWzVzDn_aruSJEXQtzYULYC0SOB7TupXPKCnCZa6buFKA==].

Child Care Aware of America: [Coronavirus: What Child Care Providers Need to Know](#) (online article)

CDC: [Coronavirus Disease 2019 \(COVID-19\): Guidance for School Settings Before and After an Outbreak](#) (online article)

Head Start Early Childhood Learning & Knowledge Center: [Coronavirus Prevention and Response](#) (online article)

U.S. Department of Education: [Addressing the Risk of COVID-19 in Schools While Protecting the Civil Rights of Students](#) (PDF)

CDC: [Talking with Children about the Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#)

Early Intervention:

For a limited time, **First3Years(Texas)** is excited to offer FREE instant access to our Online Educational Webinar Courses.

[http://r20.rs6.net/tn.jsp?f=001qzVIQ843KPkkk-d30eym4_AHN4sSoNyNZ4TJkaWDo-GEYRVUIDJECUfSxJDVZpea5wekR2JSeo_rf7gDuWU0BmGNFmNaZr0JIBff3YFGPuB391Bj9UP8VJBoKGDxfhCe1LqGE2ja_EV1AmPBXJklen9S__P9jJptD_Dv20pDHd9yOji0ZrjK1cBEFFCW3DWr6cQJIOWZK4=&c=Qx8QojFbWtN2WuqE7GG-1Zooe_NuVAcpSPRoUDhYUrsG9Ln_jZcl2Q==&ch=v92JOhux4wWzVzDn_aruSJEXQtzYULYC0SOB7TupXPKCnCZa6buFKA==].

Introducing Tele Intervention 101 -3 online Training webinars: about the provision of early intervention services via teleconferencing technology

[Tele-Intervention Resources](#)

for [Early Intervention Families, Providers and Administrators:](#)

[The National Center for Hearing Assessment and Management at Utah State University](#)

U.S. Department of Education: [Questions and Answers on Providing Services to Children with Disabilities During the Coronavirus Disease 2019 Outbreak](#) (PDF)

Child Welfare:

Introducing Tele Intervention 101 -3 online Training webinars: about the provision of early intervention services via teleconferencing technology

[Tele-Intervention Resources](#)

[for Early Intervention Families, Providers and Administrators:](#)

[The National Center for Hearing Assessment and Management at Utah State University](#)

The Chronicle of Social Change: [Coronavirus: What Child Welfare Systems Need to Think About](#) (online article)

Clinicians, Mental and Behavioral Health:

Harvard Health Services (on managing fears and anxiety):

<[<\[<\\[<\\\[**Miracle Project in CA \\\\(on easing anxiety\\\\):**\\\]\\\(https://urldefense.proofpoint.com/v2/url?u=https-3A__massaimh.us15.list-2Dmanage.com_track_click-3Fu-3D737064f29ef000087bcf411cb-26id-3D03f4d10245-26e-3Db6e7d90009&d=DwMFaQ&c=qS4goWBT7popIM69zy_3xhKwEW14JZMSdioCoppxeFU&r=B5SpNffzf-llv25zUr-6lelDNIY3SslZ4yOCOAletyxE5dOePMIVTeBwTEJaXqwo&m=3DyoT10xvruK20AfiRZ_QPuCkKreflQ0F6ZQGkKb6v4&s=l5uocCZJSd4vPfMdnih6QoB2LeGerCsXjxTbdPuHaSs&e=></p></div><div data-bbox=\\\)\\]\\(https://urldefense.proofpoint.com/v2/url?u=https-3A__massaimh.us15.list-2Dmanage.com_track_click-3Fu-3D737064f29ef000087bcf411cb-26id-3D03f4d10245-26e-3Db6e7d90009&d=DwMFaQ&c=qS4goWBT7popIM69zy_3xhKwEW14JZMSdioCoppxeFU&r=B5SpNffzf-llv25zUr-6lelDNIY3SslZ4yOCOAletyxE5dOePMIVTeBwTEJaXqwo&m=3DyoT10xvruK20AfiRZ_QPuCkKreflQ0F6ZQGkKb6v4&s=l5uocCZJSd4vPfMdnih6QoB2LeGerCsXjxTbdPuHaSs&e=></p></div><div data-bbox=\\)\]\(https://urldefense.proofpoint.com/v2/url?u=https-3A__massaimh.us15.list-2Dmanage.com_track_click-3Fu-3D737064f29ef000087bcf411cb-26id-3D03f4d10245-26e-3Db6e7d90009&d=DwMFaQ&c=qS4goWBT7popIM69zy_3xhKwEW14JZMSdioCoppxeFU&r=B5SpNffzf-llv25zUr-6lelDNIY3SslZ4yOCOAletyxE5dOePMIVTeBwTEJaXqwo&m=3DyoT10xvruK20AfiRZ_QPuCkKreflQ0F6ZQGkKb6v4&s=l5uocCZJSd4vPfMdnih6QoB2LeGerCsXjxTbdPuHaSs&e=></p></div><div data-bbox=\)](https://urldefense.proofpoint.com/v2/url?u=https-3A__massaimh.us15.list-2Dmanage.com_track_click-3Fu-3D737064f29ef000087bcf411cb-26id-3D1911ee35f9-26e-3Db6e7d90009&d=DwMFaQ&c=qS4goWBT7popIM69zy_3xhKwEW14JZMSdioCoppxeFU&r=B5SpNffzf-llv25zUr-6lelDNIY3SslZ4yOCOAletyxE5dOePMIVTeBwTEJaXqwo&m=3DyoT10xvruK20AfiRZ_QPuCkKreflQ0F6ZQGkKb6v4&s=XDGS5TZQtrZDhIY-bCDbQTU8qfPI9uujRBiVrdEkqpQ&e=></p></div><div data-bbox=)

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[Tele-Intervention Resources](#)

[for Early Intervention Families, Providers and Administrators:](#)

[The National Center for Hearing Assessment and Management at Utah State University](#)

National Association of Social Workers:

[Coronavirus \(COVID-19\): Supporting Clients](#) (online article)

American Psychological Association: [COVID-19 and Psychology Services: How to Protect Your Patients and Your Practice](#) (online article)

Higher Education:

ECSU Online videos to view and discuss:

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The clips can be searched by age, setting, developmental domain, content area, and/or a variety of more specific tags. If you haven't visited the library in a few months, you'll notice that we have a new, improved site, with thumbnails for each clip and improved search functionality.

Faculty who are moving courses online for the next few weeks may find it especially useful to provide students with links to videos to spark discussions in whatever online format you're currently using. (Access to the library is free. The original library was developed with support from the CT Office of Early Childhood.)

You can access the library here: <https://www.easternct.edu/center-for-early-childhood-education/for-faculty-and-trainers/ece-video-clip-library.html>

CDC: [Resources for Institutes of Higher Education](#) (online article)

Homelessness:

National Center on Homelessness: A workbook for those who work with others
<[### **National Alliance to End Homelessness:**](https://urldefense.proofpoint.com/v2/url?u=https-3A__massaimh.us15.list-2Dmanage.com_track_click-3Fu-3D737064f29ef000087bcf411cb-26id-3D3cca64d20d-26e-3Db6e7d90009&d=DwMFaQ&c=qS4goWBT7poplM69zy_3xhKwEW14JZMSdioCoppxeFU&r=B5SpNffzf-llv25zUr-6lelDNlY3SslZ4yOCOAletyxE5dOePMIVTeBwTEJaXqwo&m=3DyoT10xvruK20AfiRZ_QPuCkKreflQ0F6ZQGkKb6v4&s=RCMhiJVV67jUg8SfFouFEHxl9JkXVSVljih0IWwmPcM&e=></p></div><div data-bbox=)

[COVID-19: What state and local leaders can do for homeless populations](#)

Home visiting:

Online modules for **Home Visitors** in English and Spanish(CT-AIMH):
<https://www.ct-aimh.org/online-training-modules/>

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To access our recorded webinars on-demand, click HERE

[http://r20.rs6.net/tn.jsp?f=001qzVIQ843KPkkk-d30eym4_AHN4sSoNyNZ4TJkaWDo-GEYRVDUIDJECUfSxJDVZpea5wekR2JSeo_rf7gDuWU0BmGNFmNaZr0JIBff3YFGPuB391Bj9UP8VJBoKGDxfhCe1LqGE2ja_EV1AmPBXJklen9S__P9jJptD_Dv20pDHd9yOji0ZrjK1cBEFFCW3DWr6cQJIOWZK4=&c=Qx8QojFbWtN2WuqE7GG-1Zooe_NuVAcpSPRoUDhYUrsG9Ln_jZcl2Q==&ch=v92JOhux4wWzVzDn_aruSJEXQtzYULYC0SOB7TupXPKCnCZa6buFKA==].

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[The National Center for Hearing Assessment and Management at Utah State University](#)

Maternal Health:

Centers for Disease Control and Prevention(CDC): Pregnancy and breastfeeding

https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html

CDC:Healthcare Providers Working with Pregnant Women:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/pregnant-women-faq.html>

Pediatricians, nurses and other medical professionals:

Pediatric Nutrition: Who is at risk and how can we help?

Presented by: Kimberly C. Brown, MD, FAAP

Link for video: https://lehigh.zoom.us/rec/share/_dZKH-7y60pLequUtxGCYO0DRtu1X6a8gygdr6Zenk7muKPRX_8jqyKkltca2Cvm?startTime=1584102927000

Boston Children's Hospital:

[How to Talk to Your Children About Coronavirus](#) (video)

Resources for all “helping” professionals:

Free to those who are **members of ZERO TO THREE:**

<https://www.zerotothree.org/resources/series/virtual-event-archives>

CT 211

<https://uwc.211ct.org/coronavirus-novel-in-connecticut-general-information/>

Systems and policy professionals:

U.S. Department of Health and Human Services:

[Information about COVID-19 for CCDF Lead Agencies: Relevant Flexibilities in CCDF Law](#) (online article)

CDC:

[Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission](#) (PDF)

Child Trends:

[As COVID-19 Spreads, Most States Should Have Laws that Address How Schools Should Respond to Pandemics](#) (online article)

Resources for families:

A children's book in PDF form in English

https://urldefense.proofpoint.com/v2/url?u=https-3A__massaimh.us15.list-2Dmanage.com_track_click-3Fu-3D737064f29ef000087bcf411cb-26id-3D89311f3b2a-26e-3Db6e7d90009&d=DwMFaQ&c=qS4goWBT7poplM69zy_3xhKwEW14JZMSdioCoppxeFU&r=B5SpNffzf-llv25zUr-6lelDNIY3SsIZ4yOCOAlEtyxE5dOePMIVTeBwTEJaXqwo&m=3DyoT10xvruK20AfiRZ_QPuCkKreflQ0F6ZQGkKb6v4&s=zisW0VvNgCL-ARpAZX9yDnGYtzgUAHcyp_bf4dEa8_o&e=>

A children's book in Spanish

https://urldefense.proofpoint.com/v2/url?u=https-3A__massaimh.us15.list-2Dmanage.com_track_click-3Fu-3D737064f29ef000087bcf411cb-26id-3D42c50001dc-26e-3Db6e7d90009&d=DwMFaQ&c=qS4goWBT7poplM69zy_3xhKwEW14JZMSdioCoppxe

[FU&r=B5SpNffzf-llv25zUr-6lelDNlY3SslZ4yOCOAletyxE5dOePMIVTeBwTEJaXqwo&m=3DyoT10xvruK20AfiRZ_QPuCkKreflQ0F6ZQGkKb6v4&s=mWHriaLaA9LRnpYLAzOffSWS7ySz9Vm6oGEFfr9YtwE&e=>](https://www.gizmo4mentalhealth.org/forkids/),

Gizmo book (English and Spanish):

Gizmo's Pawesome Guide to Mental Health is a great free resource to help you and your kids with your sad, mad and worried feelings during this tough time. And, this link has fun activities you and your kids can do alone or together inside and outside:

<https://www.gizmo4mentalhealth.org/forkids/>

The online book is here in **English** or **Spanish**, and you can order free print copies too. Note: free quantities are limited to a max of 4 outside CT. To order print copies, [click here](#).

Teaching Strategies: (activities):

<https://readyrosie.com/en/healthyathome/>

American Academy of Pediatrics

In English: <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

In Spanish <https://www.healthychildren.org/spanish/health-issues/conditions/chest-lungs/paginas/2019-novel-coronavirus.aspx>

Child Mind Institute:

[Talking to Your Children about the Coronavirus](#) (4-minute video; [en español](#))

Harvard:

Helping children cope video

<https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty>

Kids Health:

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

National Child Traumatic Stress Network:

In English-

In Spanish- <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-sp>

National Public Radio (NPR):

Just for Kids: A comic exploring the new coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Public Broadcasting System (PBS):

How to talk to your kids about coronavirus

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Zero to Three

Tips for Families talking about the Coronavirus:

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Why are people wearing masks?

<https://www.zerotothree.org/resources/3211-why-are-people-wearing-masks-why-are-people-covering-their-faces>

Zero to Thrive:

www.zerotothrive.org

Blog post from the HOPE project

<https://urldefense.proofpoint.com/v2/url?u=https-3A__massaimh.us15.list-2Dmanage.com_track_click-3Fu-3D737064f29ef000087bcf411cb-26id-3Dcfeffa9688-26e-3Db6e7d90009&d=DwMFaQ&c=qS4goWBT7popIM69zy_3xhKwEW14JZMSdioCoppxeFU&r=B5SpNffzf-llv25zUr-6lelDNIY3SslZ4yOCOAletyxE5dOePMIVTeBwTEJaXqwo&m=3DyoT10xvruK20AfiRZ_QPuCkKreflQ0F6ZQGkKb6v4&s=UcjSGOQwG8JprZzyvrus48_bEYdhS4eXsWpXgVLj4l8&e=>

Quarantine or Isolation:

The Atlantic:

[How Parents Can Keep Kids Busy \(and Learning\) in Quarantine](#) (online article)

Louisiana State University:

[Supporting Young Children Isolated Due to Coronavirus \(COVID-19\)](#) (PDF)

Zero to Three:

[Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care](#) (online article)

CDC: Coronavirus Disease 2019 (COVID-19):

[Manage anxiety and stress](#)

Zero to Three:

[Five Tips to Make the Most of Video Chats](#) (online article)