

INFANT MENTAL HEALTH



with **Dr. Chaya Kulkarni, BAA, M.Ed, Ed.D**
Director, Infant Mental Health Promotion, Toronto Sick Kids Hospital

Awareness of early childhood mental health is essential for any professional working with very young children (ages 0-3). Registered early childhood educators, home visitors, and child welfare workers in particular need to understand the impact of a young child's experiences on their mental health and emerging sense of self.

This two-day workshop will highlight the basic principles related to infant mental health and how this information is applicable to different professional settings and roles involved in caring for and serving this age group. **We will explore key topics including:**

- New research including brain development, epigenetics, and toxic stress and how these relate to early mental health
- Understanding developmental milestones
- Becoming familiar with how to screen for overall development and social emotional development using observation and validated tools
- How to respond to developmental concerns in partnership with parents

Monday March 24 & Monday March 31, 2014 • 8:30 am to 4:30 pm • Amici's Banquet & Conference Centre, 2740 Merrittville Hwy, Thorold • \$75 includes breakfast and lunch on both days • To register, please contact the Early Childhood Community Development Centre (ECCDC) at 905.646.7311 or eccdc.org • Licensed child care programs are encouraged to have several staff attend the training together and to help support costs, **Niagara Region Children's Services is pleased to sponsor the registration cost for one RECE from each licensed child care program in Niagara to attend**

Dr. Chaya Kulkarni is Director of Infant Mental Health Promotion (IMHP) at The Hospital for Sick Children. In her role with IMHP, Chaya is currently leading advocacy and training initiatives in areas such as child welfare, including family courts and community based programs supporting families in their neighbourhoods. Chaya also sat on the Prime Minister's Committee for the Award of Excellence and currently sits a number of committees within the health and social services sectors. She is also the co-author of a book, *Your Guide to Nurturing Parent Child Relationships*.



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