Infant Mental Health Resources

Zero To Three [www.zerotothree.org](http://www.zerotothree.org)

Center for Social and Emotional Foundations for Early Learning: <http://csefel.vanderbilt.edu/resources/what_works.html>

Early Childhood Mental Health Virginia http://www.ecmhva.org

Brain Gym Activities Explained. Also Google brain gym for lots of activities. <http://www.braingym.org/about>

Virginia Association for Infant Mental Health. Find the link on the ECMHVA website for more information and to join.

Michael Trout website <http://www.infant-parent.com/>

Links to articles <https://scholar.google.com/scholar?q=infant+mental+health&hl=en&as_sdt=0&as_vis=1&oi=scholart&sa=X&ved=0ahUKEwjxm6C70rvMAhUQ5GMKHXKnCZYQgQMIGzAA>