

Welcome to May's Talks on Tuesdays Webinar

Please Call: 866-842-5779 Enter Code: 463 661 9330# *While you wait you will experience periods of silence.*

Trivia While You Wait

How many hours of sleep do parents lose in the first year of a baby's life?

What generates more electrical impulses per day than all of the world's telephones?

What can a baby do up until 7 months that an adult cannot?

How high can a penguin jump?

Across the world, how often is a new baby born?

What is Anatidaephobia?

What are the most surviving multiple births for one pregnancy?

What is the least popular month for U.S Weddings?

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Trivia Answers

How many hours of sleep do parents lose in the first year of a baby's life? 400-750

What generates more electrical impulses per day than all of the world's telephones? human brain

What can a baby do up until 7 months that an adult cannot? breathe and swallow at the same time

How high can a penguin jump? 6ft

Across the world, how often is a new baby born? every 3 seconds

What is Anatidaephobia? Fear of being watched by a duck

What are the most surviving multiple births for one pregnancy? 8

What is the least popular month for U.S Weddings? January

Welcome!



Cori Hill



Mary Mackrain





Talks on Tuesdays



Infant & Toddler
Connection of Virginia
www.infantva.com



Partnership for People
with Disabilities
Linking people. Changing lives.



Phones Are Muted 

Chat For Communication 



Communication



locate this button on bar **below slides**
click to view slides in full screen



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Ready, Set, Resilience!

Supporting Infant Toddler Protective Factors



Mary Mackrain,
MI Department of Community Health

Mackrain, 2011



Agenda

- ★ Define Social and Emotional Health
- ★ Discuss Key Research Findings
- ★ Review Critical Indicators of Social and Emotional Health
- ★ Learn About What Caregivers Can do to Support Social and Emotional Health

For Now and Forever

What are Your Hopes and Dreams for the Infants and Toddlers that you support?

**They have
Friends**



**They are
successful**



**They are
Happy**



Think About the Children You Know



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The Facts

Children's Defense Fund, The State of America's Children Yearbook
Year: November 2007, Source: www.childrensdefensefund.org
Kidscount, 2010 & SAMHSA

Each Day In America
4 children are killed by abuse or
neglect.



Each Day In America
5 children or teens commit suicide.



Each Day In America
8 children or teens are killed by
firearms.



Each Day In America
192 children are arrested for violent
crimes.



Each Day In America
383 children are arrested for drug
abuse.



Each Day In America
1,153 babies are born to teen
mothers.



Each Day In America
2,383 children are confirmed as
abused or neglected.



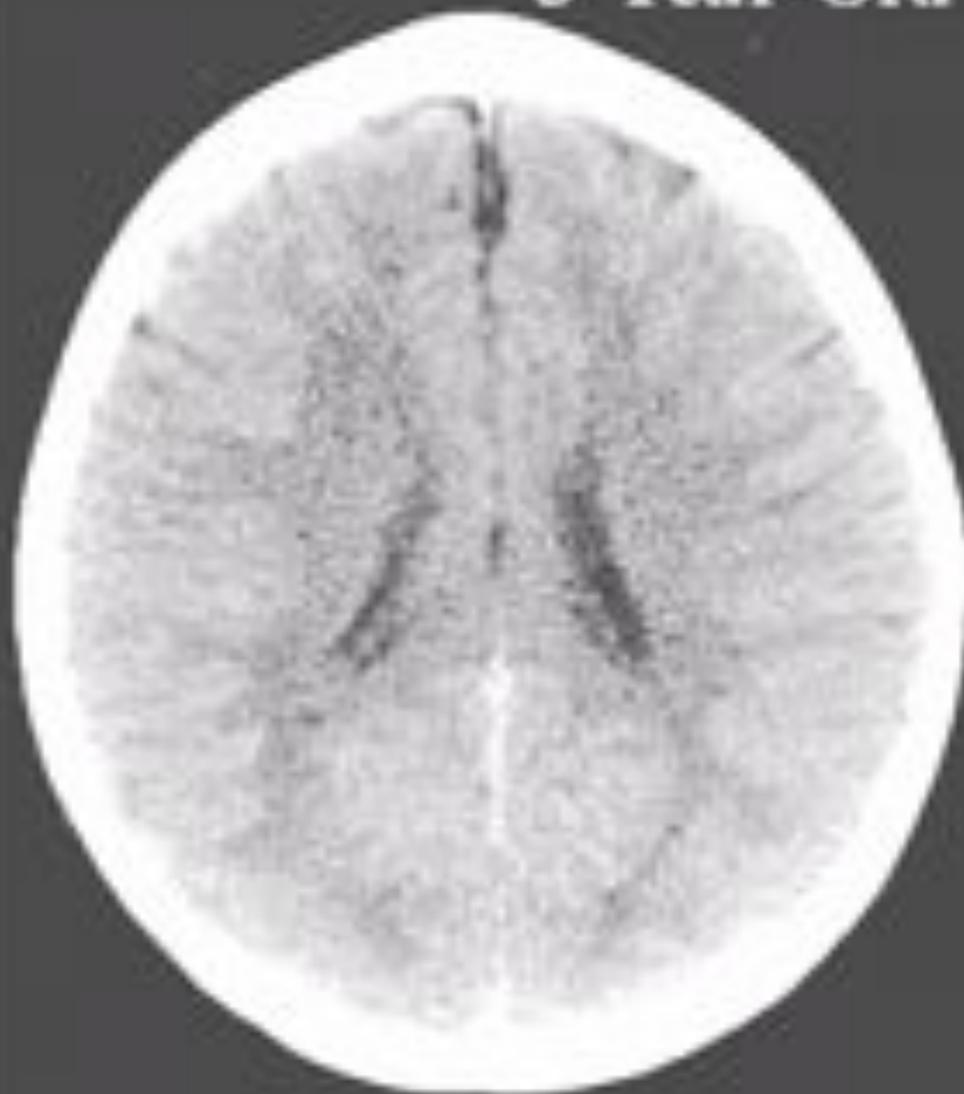
Young children are being expelled
from child care at 3 times the rate of
children expelled from K-12
(Gilliam, 2005)



1 in 5 children experience mental health problems. 1 in 5 get help



3-Year-Old Children



Normal



Extreme Neglect

Resilience Theory

- Emmy Werner – Hawaii- Study began in 1955
- Selected 500 plus children born at risk that year
- Further examined 30% of the children who were at high risk (with 4 or more significant risk factors)
 - 2/3 had significant negative life problems
 - but 1/3 did not! They had positive outcomes!
 - described as children who... “lived well, loved well, played well & expected well”
- What did these children who “made it” despite the odds have in their lives?



Within-Child Protective Factors

Relationships/Attachment

**Experience and Regulate
Emotions**

Explore and learn

Social & Emotional Health Defined

Within the context of one's family, community and cultural background it is the child's developing capacity to:

- ★ Experience and regulate emotions,
- ★ Form secure relationships and
- ★ Explore and learn

Definition from www.Zero to Three.org

What Do Children Need?

USA TODAY Snapshots

Early on, social skills trump smarts

Percentage of 800 kindergarten teachers surveyed who say these skills are essential or very important:



Source: Mason-Dixon Polling for Fight Crime: Invest in Kids

By Julia Neyman and Alejandro Gonzalez, USA TODAY

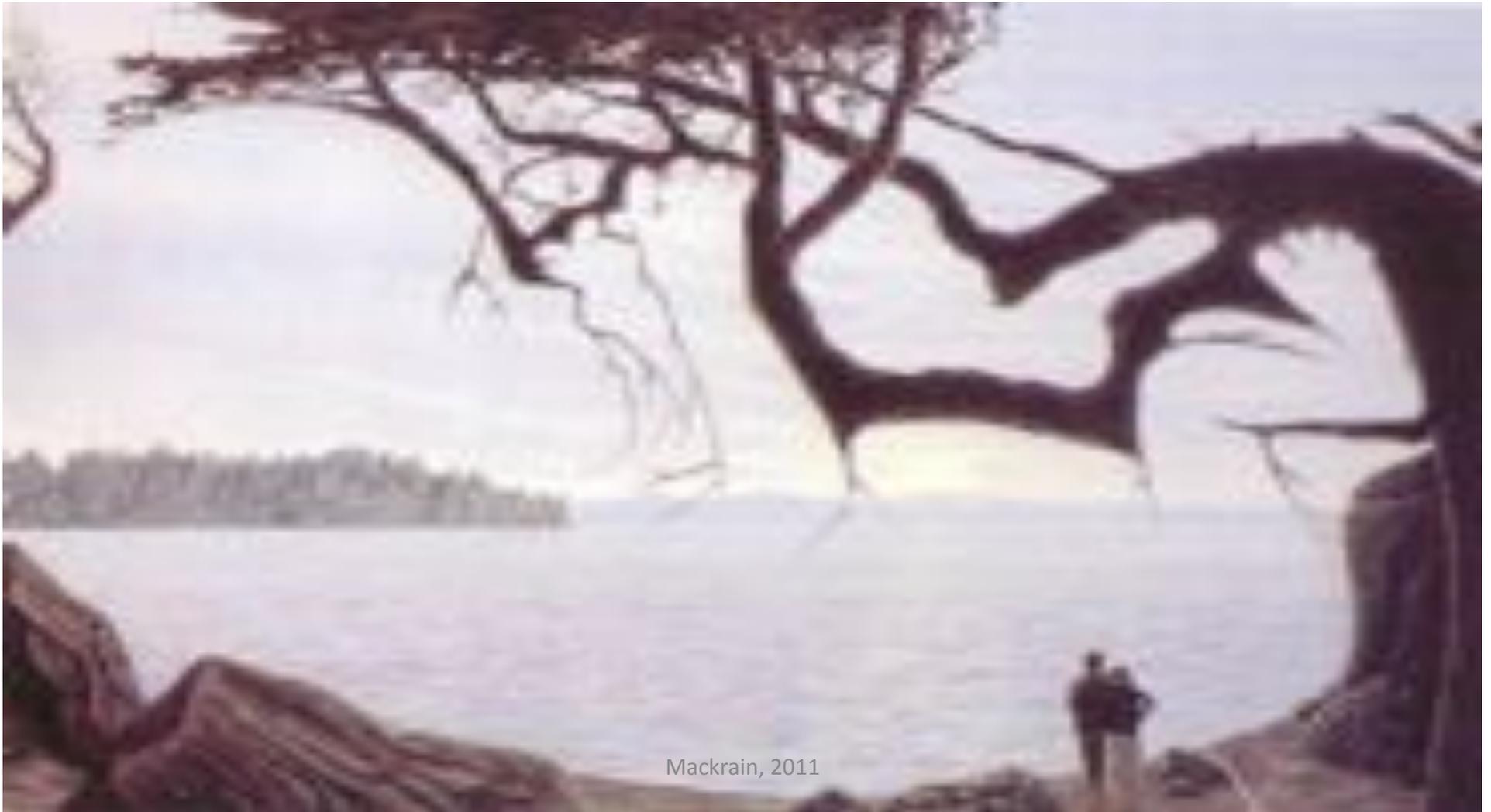
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What Does Social and Emotional Behavior Look Like?



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Careful Observation is Key!



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Experience and Regulate Emotions

INFANT Behaviors:

- ✓ Smiling
- ✓ Cooing and Babbling
- ✓ Fussing when hungry or tired
- ✓ Kicking legs when excited
- ✓ Quieting when held by a familiar adult



TODDLER Behaviors:

- ✓ Laughing
- ✓ Goes to familiar adult for comforting
- ✓ Able to move from one activity to the next
- ✓ Growing ability to focus
- ✓ Calms with help from a familiar caregiver

Let's Watch



Look for expressing and regulating of emotions

Expressing & Regulating Emotions For Now and Forever...

If Now...	Then Forever
Your toddler stays calm while trying to fit the pieces into a new puzzle.	He will be able to find new ways to problem-solve when a first try at something does not work.
Your older infant picks up his blanket when he gets tired and comes to you for a cuddle.	He will be able to recognize when he needs a break and will use healthy strategies to get his needs met.
After a disagreement with another child over a toy, your toddler agrees that it is OK to take turns with it.	She is learning to problem-solve, negotiate, and share. She will become a good friend to others.
Your child takes the lead during playtime and as he grows, makes up simple rules to a game or helps make sure others play fair.	He will stand up for what he believes is right and make sure others are safe, comfortable, and treated in a fair way.

Form Secure Relationships

INFANT Behaviors:

- ✓ Smile at and back to a familiar caregiver
- ✓ Anticipates being held
- ✓ Likes to look at and be near familiar caregiver
- ✓ Shows preference for parent or caregivers face and voice
- ✓ Stretches arms up to be held

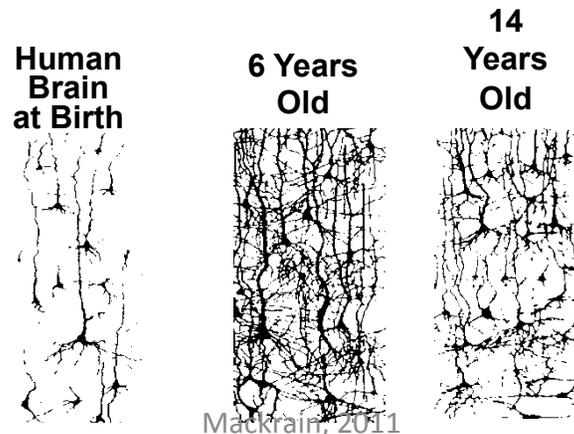
TODDLER Behaviors:

- ✓ Explores but checks in with familiar caregiver
- ✓ Shows affection for familiar caregivers
- ✓ Responds to his/her name
- ✓ Makes needs known to a familiar caregiver



Relationships Affect Brain Development

- The physical architecture of the brain is developed after birth.
- Responsive relationships directly affect how the brain is wired.
- At birth there are 50 trillion connections between brain cells, by age three there are 1,000 trillion.



Relationships For Now and Forever...

IF NOW...	THEN FOREVER
Your infant coos and laughs when you smile at her.	She will enjoy laughing and interacting with close friends.
Your infant calms down when you hold him close and talk gently.	He'll be able to calm himself in stressful situations in safe and healthy ways.
Your toddler lets you know she needs help when something is difficult.	She'll know it is OK to ask for help, and she will offer to help others as well.
Your toddler happily waves good-bye to you when you drop her off at her caregiver's house.	She will develop a sense of trust that you will return because you said so.

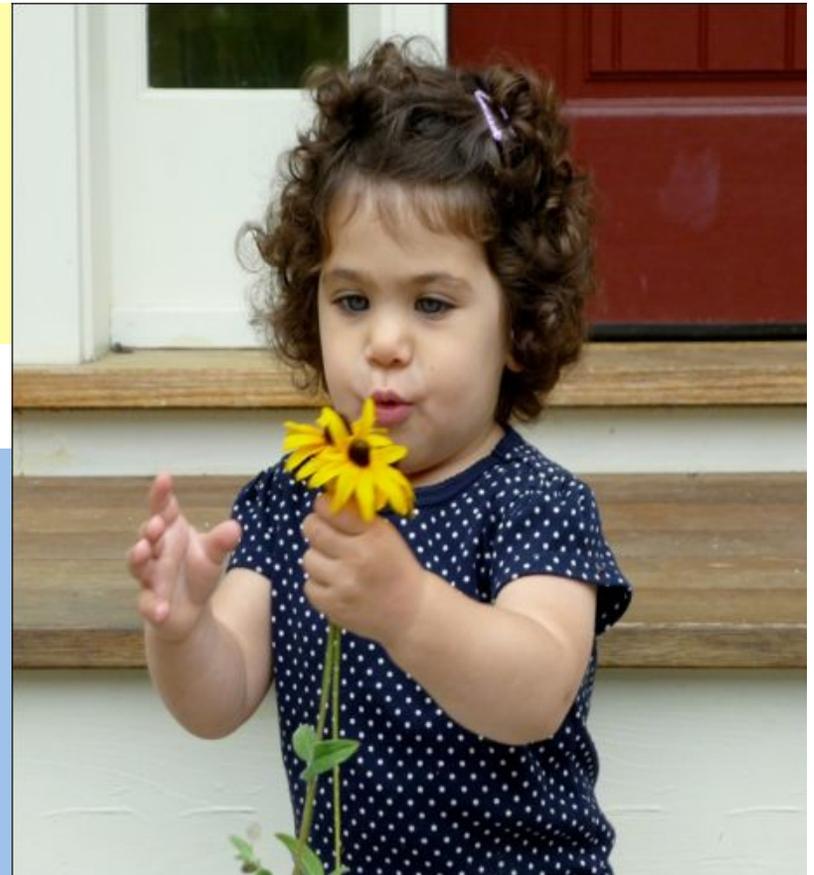
Explore and Learn

INFANT Behaviors:

- ✓ Reaches for and grasps things
- ✓ Enjoys simple games like peek-a-boo
- ✓ Imitates others actions
- ✓ Smiles or plays with self in the mirror

TODDLER Behaviors:

- ✓ Keeps looking for a toy
- ✓ Tries new things
- ✓ Shows interest in other people
- ✓ Imitates others actions



Explore and Learn For Now and Forever...

IF NOW...	THEN FOREVER
Your infant crawls over to the kitchen to see what is happening while you are preparing dinner.	She will learn to plan and carry out her own ideas and solve problems on her own.
Your older infant learns to hold his cup and spoon all by himself.	He will be more persistent and motivated to try new things in the future.
Your toddler picks out one of the two books you offer to read before bedtime.	He will develop a feeling of responsibility and control over what he does.
Your toddler asks you to play with you and her new doll.	She will feel more confident in asking others to be her friend and to engage in play.

Caregiver Strategies



**You are an Important Person
in the Life of an Infant or Toddler**

1. Connect With Families

Families have the most continuous and emotionally charged relationship with the child. Infants and toddlers learn what people expect of them and what they can expect of other people through early experiences with parents and other caregivers. (Day & Parlakian, 2004)

- Learn about a families culture, traditions, beliefs and dreams for their child.
- Share positive experiences
- Affirm parents, use reflective listening

Family Centered Continuum

Professionally Centered

Professional is the EXPERT
Parent is the PROBLEM

Family Allied

Professional "partners" with the parent, but is still the "expert" & decides the rules & roles

Family Focused

Parent is COLLEAGUE with expertise, knowledge & choice

Family Centered

Professionals viewed as agents to help parents achieve goals (parents as the "employers")

“A good example has twice the value of good advice” - author unknown

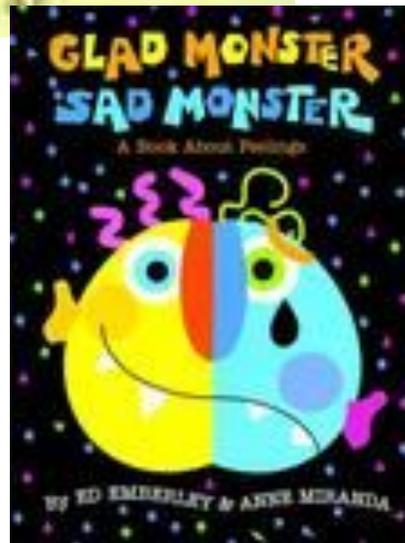
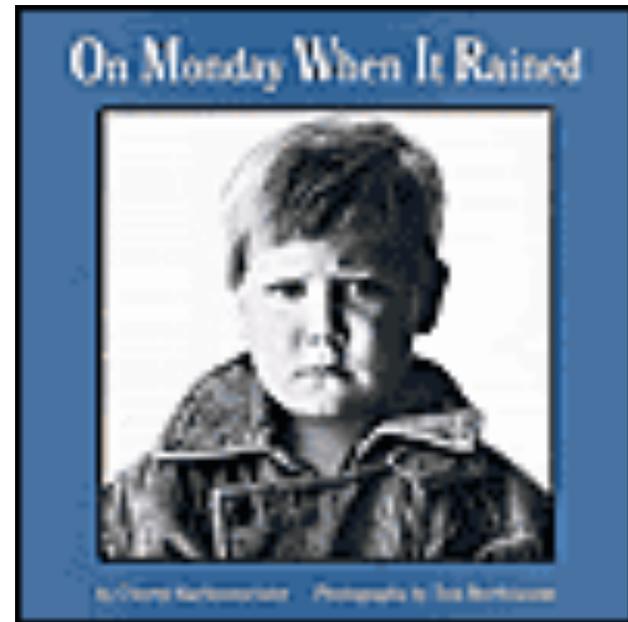
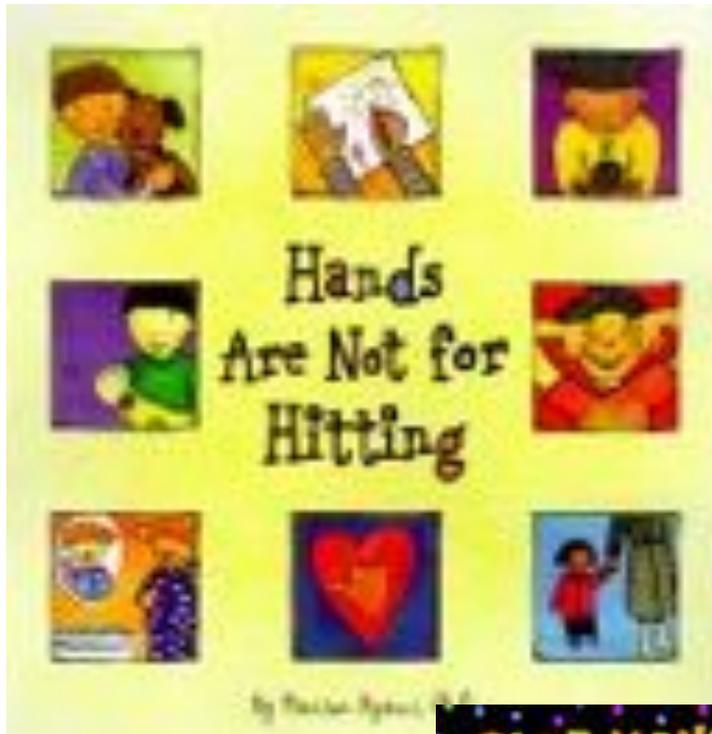


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2. Provide Activities and Routines

- ✓ Use routines as a time to connect with children
- ✓ Maintain a predictable schedule
- ✓ Plan routines around each child's needs and abilities
- ✓ Ensure time for quiet and active play
- ✓ Talk, read and sing with children every day





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3. Provide Responsive Caregiving

- ✓ Hold, cuddle and rock children
- ✓ Respond to cues (coos, smiles, cries, etc)
- ✓ Talk to infants and toddlers about their emotions
- ✓ Stay close by as children interact with one another
- ✓ Observe each child's skills



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4. Provide Safe and Nurturing Learning Environments

- Create a homelike environment
- Have duplicates of favored toys
- Display toys within reach
- Allow children to have and use comfort items
- Keep the room and materials safe
- Make sure there are enough adults to safely care for children



Photos graciously provided by Michigan Family Resources, Grand Rapids, MI

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Take Care of Yourself...

- 1 out of every three child care providers leaves their job every year- children need stability. How full is your pitcher?

Resilience



Bouncing back from life's ups and downs.

*"A hundred years from now, it will not matter
what kind of car I drove,
what kind of house I lived in,
how much money I had in the bank...
but the world may be a better place because I
made a difference in the life of a child."*

-- Forest Witchcraft

Question for the Group

- What is one thing you might do (or already do!) to support the social and emotional health of infants and toddlers?



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Thank You For Supporting Infants and Toddlers!



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