



Infant and Early Years Mental Health (IEYMH): Resources for Early Childhood Education

Project Information Sheet

1. Background – what is the Infant and Early Years Mental Health Resources for Early Childhood Education project?

The Infant & Early Years Mental Health project began in 2023 to support children and families in their communities.

It aims to:

- Include mental health information in professional learning to support the early years and child care sector
- Align mental health information and resources with “How Does Learning Happen? Ontario’s Pedagogy for the Early Years”
- Build and add to existing community strategies to promote, study, and respond to infant and early years mental health needs

The approach is strength-based. It focuses primarily on healthy social and emotional development, which is mental well-being for children. Educators will align their knowledge of infant mental health to pedagogical practice and make connections to adult well-being. Educators will understand the valuable role they play in nurturing infant mental health. They will also learn when to connect families to primary care for more support.

2. What resources are included?

Resources will include:

- Video modules that introduce core concepts of IEYMH, and connect them to the pedagogical practice of early childhood professionals who work in child care and EarlyON Child and Family Centres
- The Deep Dive Learning Day with facilitated discussions to strengthen the ability for ongoing learning
- A reflective practice guide that goes with the video modules. The guide will include reflective questions and discussions to support professional learning and generate actionable ideas for practice

3. When will I receive more information about the Deep Dive Learning Day on Sept. 20th?

Further event details including an agenda will be sent out to registered participants two weeks prior to the event.