

# NM Home Visiting

## Bits and Bites September 2022



The Integral Role Home Visitors Play in Supporting Infant Mental Health Outcomes

### The Integral Role Home Visitors Play in Supporting Infant Mental Health Outcomes

Anna Garcia, MA, IMH-E

Early Childhood Education and Care Department (ECECD) Updates

Story from the Field

Home Visiting, Dates on the Horizon

For More Information or to Submit an Article

Considering support provided to families in home visiting, what comes to mind when we hear the term infant mental health? Infant mental health refers to the mental state of mind that children, from birth to five, experience. At a vital time in a child's life due to the developing brain, children oftentimes need help to process, express, and manage all the emotions they feel. Caregivers play a crucial role in building a positive relationship with a child. This particular relationship at such a young age between a child and parent/caregiver is an attachment relationship.

Attachment relationships form in infancy and early childhood and refer to a special emotional bond between a caregiver and a child. When a positive bond is formed between a caregiver and child, emotional needs are met and there is a level of trust between that particular child and caregiver. Because of that trust, the child expressing emotions, positive or negative, can be understood by the caregiver in an appropriate manner, and in turn, the caregiver is able to meet the needs of the child. When a child feels supported in their emotional state, they continue to form a long-lasting, trusting relationship with their parent/caregiver that ultimately will follow them through life.

The relationships a child experiences each day and the environments in which those relationships play out are the building blocks of the brain, according to NAEYC (2017). The interactions and the close relationship a caregiver has with an infant or young child help to shape their brain. The daily interactions of the caregiver and child have an enormous impact on all developmental domains, but especially social-emotional development.

When a caregiver is calm, consistent, and uses language to help their child anticipate what is about to happen, teaches the child language in the environment of a caring relationship. Providing a safe and attentive environment helps children to develop and sustain secure and trusting relationships with caregivers that are responsive to their needs.

#### Reference:

[NAEYC \(2017\). Caring Relationships: The Heart of Early Brain Development.](#)

# EARLY CHILDHOOD EDUCATION & CARE DEPT (ECECD)

## UPDATES

Site visits and Continuous Quality Improvement (CQI) meetings will continue through mid-November. LouAnn Sanchez Lovato, ECECD Home Visiting Bureau Chief, and the team would like to thank programs for their hospitality in welcoming us as we visit sites and learn about all the meaningful ways in which you are supporting families. Thank you also for your participation in our first quarter CQI meetings. We hope you find the new format useful.

We are beginning to receive initial information from Health Resources and Services Administration (HRSA) for the Maternal, Infant, and Early Childhood Home Visiting Program (MIECHV) program audit scheduled for February. Information will be shared out with programs funded through MIECHV in FY21 and FY22 to support your preparation for the audit. We thank you in advance for working to get everything ready and will let you know as soon as we find out, which areas the MIECHV team will be visiting in person.

We are pleased to announce that Mothers and Babies are ready to roll out consultation for all staff who attended their training. The dates are:

1. The **1st Monday: 1-2 CT of every month.** (Starting November 7th through October 9th, 2023)
2. The **1st Wednesday: 10-11 CT of every month.** (Starting November 2nd through October 4th, 2023)
3. The **2nd Monday: 11-12 CT of every month.** (Starting November 14th through October 9th, 2023)



MECA Site Visit 2022

## STORY FROM THE FIELD

**Saide Hernández , Bilingual Home Visitor**

Confident Parenting Home Visiting Services  
Las Cumbres

Everything that we do for our families is always with the intention of supporting infant mental health with healthy family relationships at the core. In April 2022 I was assigned a family that had been referred from Children, Youth, and Families Department (CYFD). One of the children had been removed from the home due to alcoholism and domestic violence. As part of the safety plan with CYFD, the mother had to participate in home visiting and complete a rehabilitation program. The mother and I began having weekly home visits at her home and we established a trusting relationship very quickly.

I facilitated the Circle of Security Parenting classes for her. After the first session, she expressed that she could see her children through another lens that she was not aware of before. She began to see her children's emotions and reactions as expressions of their needs. In each session that we have, we connect different situations to the Circle of Security. Her capacity to reflect on her children's needs around the circle and the emotions she is having when those needs are being expressed have helped their relationship.

I witnessed how her ability to reflect helped her to be more emotionally regulated and she has been able to model that for her children. She is pushing through her "shark music" regulating herself and providing the support her children need to regulate their emotions. I have seen how this mother has become more resilient and is creating a healthier attachment with her children. She has shared that in learning about the Circle of Security she has been able to have more moments where she can bond with her children. Over time, I am seeing how their relationship continues to grow stronger and they are all thriving.



**Saide Hernández**

email: [saide.hernandez@lccs-nm.org](mailto:saide.hernandez@lccs-nm.org)

web: [lascumbres-nm.org/  
confident-parenting](http://lascumbres-nm.org/confident-parenting)



March of Dimes World Prematurity



Home Visiting Training Calendar



Previous COL Sessions, Articles, Tips, and Resources



## HOME VISITING DATES ON THE HORIZON

<p><b>Nov. 2, 3, 16, 17</b></p> <p><b>New Home Visitor Interactive Orientation Sessions</b></p> <p><b>9 am-12:30 pm, via Zoom</b></p>	<p><b>Nov. 3</b></p> <p><b>Reflective Case Reviews</b></p> <p><b>1:30-2:30 pm, via Zoom</b></p>	<p><b>Nov. 4</b></p> <p><b>PICCOLO™ in Practice</b></p> <p><b>9-11 am, via Zoom</b></p>	<p><b>Nov. 8</b></p> <p><b>Community of Learners-The Integral Role Home Visitors Play in Supporting Infant Mental Health Outcomes</b></p> <p><b>10-11:45 am, via Zoom</b></p>	<p><b>Nov. 14, 23</b></p> <p><b>Reflective Case Reviews</b></p> <p><b>9-10 am, via Zoom</b></p>	<p><b>Nov. 18</b></p> <p><b>Supporting the Home Learning Environment: Meaningful Feedback and Collaborative Planning Using the PICCOLO™</b></p> <p><b>10-11 am, via Zoom</b></p>	<p><b>Nov. 21</b></p> <p><b>Tentative Ages and Stages Questionnaires® Training (Please note that this date/time is subject to change)</b></p> <p><b>8:30 am-4 pm, via Zoom</b></p>
<p><b>Nov. 30</b></p> <p><b>New Home Visitor Interactive Orientation Follow-up Session</b></p> <p><b>10-11:30 am, via Zoom</b></p>	<p><b>Dec. 1</b></p> <p><b>Reflective Case Reviews</b></p> <p><b>1:30-2:30 pm, via Zoom</b></p>	<p><b>Dec. 1</b></p> <p><b>PICCOLO™ in Practice</b></p> <p><b>9-11 am, via Zoom</b></p>	<p><b>Dec. 12, 21</b></p> <p><b>Reflective Case Reviews</b></p> <p><b>9-10 am, via Zoom</b></p>	<p><b>Dec. 13, 14, 15</b></p> <p><b>Mothers and Babies</b></p> <p><b>9:30 am-1 pm, via Zoom</b></p>	<p><b>Dec. 13</b></p> <p><b>Community of Learners - Prenatal Moms</b></p> <p><b>10-11:45 am, via Zoom</b></p>	<p>Visit the HV Training Calendar link above or <a href="#">HERE</a> to register for sessions.</p> <p>Individual registration is required to receive a certificate.</p>

## NOVEMBER CELEBRATIONS

Visit the links below for more information.

[World Prematurity Day Nov. 17](#)

[National Prematurity Awareness Month](#)

[American Diabetes Month](#)

## SUBMIT NEWS!

To submit information to be shared in future newsletters, please send an email to: [HSC-ECLN@salud.unm.edu](mailto:HSC-ECLN@salud.unm.edu)

For more information, visit us below.



[CDD/HOME VISITING](#)



Family Support and Early Intervention Division  
HOME VISITING

[NMECECD.ORG/HOME-VISITING](http://NMECECD.ORG/HOME-VISITING)

