

Early Childhood Mental Health: An Annotated Bibliography



A selected listing of titles available on this topic from the
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Books

Achieving the Promise: Transforming Mental Health in America. President's New Freedom Commission on Mental Health. Washington, DC: Department of Health and Human Services. 2003. To transform the mental health care system, this commission proposes a combination of goals and recommendations that together represent a strong plan for action.

Attachment Disorganization. Judith Solomon. New York: Guilford. 1999. This volume brings together eminent researchers and clinicians to present current, original theory and data on the nature of disorganized attachment, its etiology, and its sequelae. Contributors report on the social, psychological, and biological contributions to disorganization. Longitudinal findings are presented on developmental outcomes in middle childhood; special populations are examined, including children with disabilities; and new assessment methodologies are described.

Bright Futures in Practice: Mental Health, Volumes 1 and 2. Michael Jellinek, (Ed.). Arlington, VA: National Center for Education in Maternal and Child Health. 2002. *Bright Futures in Practice* offers a variety of materials and resources developed specifically for families to complement the Bright Futures publications and materials used by health care professionals. These books contain the same information used by health care providers, written in a way that parents and others can understand and easily refer back to when needed.

Building the Bonds of Human Attachment: Awakening Love in Deeply Troubled Children, 2nd Ed. Daniel A. Hughes. (2006). Lanham, MD: Jason Aronson. This work is a narrative, composite case study of the developmental course of one child following years of abuse and neglect. The book provides a practical guide for all adults—whether professionals or parents—who endeavor to help high-risk youth.

Building Strong Foundations: Practical Guidance for Promoting the Social-Emotional Development of Infants and Toddlers. Rebecca Parlakian. Washington, DC: Zero to Three. 2002. *Building Strong Foundations* explores how supportive relationships at all levels of an infant/family program contribute to children's healthy social-emotional development. The author presents the core concepts of infant mental health, offers no-nonsense strategies for leaders and trainers on how to promote children's mental health, and describes guidelines for when to refer very young children for assessment and treatment.

Case Studies in Infant Mental Health. Joan Shirilla. Washington, DC: Zero to Three. *Case Studies in Infant Mental Health* offers 12 stories written by infant mental health specialists about their work with a young child and family. Each case study also reveals the supervision and consultation that supported the specialist, and the specialist's interaction with the larger service system. Discussion questions at the end of each case study guide self-reflection or group study.

Early Childhood Mental Health Consultation. Elena Cohen. (2001). Washington, DC: National Technical Assistance Center for Children's Mental Health. This publication answers such key questions as: what is mental health consultation; what must someone in the early childhood field know to hire and work effectively with a mental health consultant; which early childhood programs receiving mental health consultation can serve as successful models in practical settings.

Enhancing Early Emotional Development. Jean Wixson Gowen. Baltimore, MD: Brookes. 2002. *Enhancing Early Emotional Development* helps professionals who work with families of young children to nurture crucial attachment bonds by guiding them in identifying children's needs and addressing factors that may prevent them from building strong relationships. The book provides an in-depth look at emotional development at five stages from birth to 24 months, examining challenges to effective parenting, and demonstrates appropriate interventions.

Extending the Dance in Infant and Toddler Caregiving: Enhancing Attachment and Relationships. Helen Raikes and Carolyn Pope Edwards. (2009). Baltimore: Brookes. Secure attachment between child and parent is one of the most important factors in early learning and development, and infant/toddler teachers are the critical third partner in this relationship dance. This book provides an in-depth blueprint for establishing and maintaining a relationship-based early childhood program that promotes young children's optimal development

From Neurons to Neighborhoods: The Science of Early Childhood Development. National Research Council and Institute of Medicine, Committee on Integrating the Science of Early Childhood Development. Jack P. Shonkoff and Deborah A. Phillips, eds. Washington, DC: National Academy Press. 2000. *From Neurons to Neighborhoods* examines neurobiological perspectives, as well as those of behavioral and social sciences, and makes specific recommendations for applying this knowledge in policy and practice for the well-being of children.

Funding Early Childhood Mental Health Services and Supports. Amy Wishmann. Washington, DC: Georgetown University Child Development Center. 2001. This document offers to states and communities a framework for developing services and supports to meet the mental health needs of young children and their families. It offers an interdisciplinary process for planning and implementing comprehensive services across the birth–5 age range (Part C and 619).

Ghosts from the Nursery: Tracing the Roots of Violence. Robin Karr-Morse and Meredith S. Wiley. New York: Atlantic Monthly Press. 1997. Violent behavior committed by children is linked to abuse and neglect in the first two years of life. This book covers brain anatomy, adverse experiences in the womb, injury and trauma in infancy, and emotional deprivation.

Guidelines for Comprehensive Assessment of Infants and their Parents in the Child Welfare System. Infant Mental Health Association. City: Author. 2005. This book was developed for the busy practitioner assessing parental capacity and status of infants and toddlers for child welfare or the court. Concepts provided can also be used with older children and in divorce custody cases. The book provides background information and easy-to-use checklists. Useful background information is provided for judges, lawyers, court staff, and protective service workers concerned with the best interests of the child.

Handbook of Attachment. Jude Cassidy and Phillip R. Shaver (Eds.). Washington, DC: National Association for the Education of Young Children. 2002. This comprehensive handbook provides a landmark review and synthesis of the current state of knowledge about attachment and loss in children and adults. Broad in scope, the volume is designed to help clinicians, students, and researchers become fully informed about one of the most important areas of research in contemporary psychology. Preeminent authorities cover the origins and development of attachment theory, biological perspectives, measurement of attachment across the lifespan, clinical applications, and emerging topics and issues in the field.

Handbook of Infant Mental Health, 3rd Ed. Charles H. Zeanah. (2009). New York: Guilford. This handbook offers a comprehensive analysis of developmental, clinical, and social aspects of mental health from birth to the preschool years. Leading authorities explore models of development; biological, family, and sociocultural risk and protective factors; and frequently encountered disorders and disabilities. Evidence-based approaches to assessment and treatment are presented, with an emphasis on ways to support strong parent–child relationships. The volume reviews the well-documented benefits of early intervention and prevention and describes applications in mental health, primary care, childcare, and child welfare settings.

Health, Mental Health, and Safety Guidelines for Schools. Howard Taras, Ed. (2005). Elk Grove Village, IL: American Academy of Pediatrics. From childhood obesity, health education and nutrition, to safe school environments and community involvement, *Health, Mental Health, and Safety Guidelines for Schools* focuses on improving health outcomes for school-aged children.

Healthy Young Children, 4th Edition. Susan Aranson. (2002). Washington, DC: National Association for the Education of Young Children. Written and reviewed by both health and early childhood professionals, *Healthy Young Children* is used by early childhood programs to promote the health and safety of children, staff, and families.

Infant and Early Childhood Mental Health: A Comprehensive Developmental Approach to Assessment and Early Intervention. Stanley Greenspan. Washington, DC: American Psychiatric Publishing, Inc. 2001. This book redefines how we work with infants, young children, and their families when mental health, developmental, or learning problems occur.

The Irreducible Needs of Children: What Every Child Must Have to Grow, Learn, and Flourish. T. Berry Brazelton and Stanley Greenspan. Cambridge, MA: Perseus Publishing. 2000. This book cuts through the theories, platitudes, and controversies that abound in child care advice. The authors lay out the seven irreducible needs of any child, in any society. This short, hard-hitting book sounds a wake-up call for parents, teachers, judges, and political leaders—anyone who cares about the future of children.

Making Children’s Mental Health Services Successful: Crafting Logical Models for Systems of Care—Ideas into Action. Mario Hernandez and Sharon Hodges. Tampa, FL: University of South Florida. 2003. This monograph is designed to guide communities in using a theory-based approach to systems of care and development. In addition, the monograph addresses the purpose and benefits of articulating a theory of change, presents tools for developing a theory-based framework, and provides examples to illustrate the development process.

A Matter of Trust: Connecting Teachers and Learners in the Early Childhood Classroom. Sharon Ritchie. (2002). New York: Teachers College Press. Increasingly, teachers report that the young children who enter their classrooms are difficult to manage. This perception is supported by alarming statistics on the number of children growing up in difficult life circumstances. In this volume, the authors draw on their experiences as a developmental psychologist and as a teacher educator to provide ways for teachers to create positive child-teacher relationships and classroom climates.

Mental Health Consultation in Child Care: Transforming Relationships among Directors, Staff, and Families. Kadija Johnston. (2006). Washington, DC: Zero to Three. *Mental Health Consultation in Child Care* addresses the impact of the caregiver-child relationship on the mental health of young children. The authors review current theory and offer practical suggestions for improving relationships between program directors, staff, parents, children, and mental-health consultants to help identify and remove obstacles to quality care. Mental health professionals at all levels, early childhood educators and trainers, and policy makers will find this book useful guide to making positive changes in the child care environment.

Mental Health Consultation in Early Childhood. Paul J. Donahue. Baltimore, MD: Brookes. 2000. *Mental Health Consultation in Early Childhood* is for mental health consultants, educators, community activists, and social workers. The book provides techniques and insight into how mental health professionals can establish effective collaborations in early childhood centers.

National Strategy for Suicide Prevention: Goals and Objectives for Action. US Department of Health and Human Services. (2001). Rockville, MD: Author. Suicide has stolen lives around the world and across the centuries. Meanings attributed to suicide and notions of what to do about it have varied with time and place,

but suicide has continued to exact a relentless toll. In the United States, suicide is the eighth leading cause of death and contributes—through suicide attempts—to disability and suffering for hundreds of thousands of Americans each year. There are few who escape being touched by the tragedy of suicide in their lifetimes; those who lose someone close because of suicide experience an emotional trauma that may take leave, but never departs.

Partners for a Healthy Baby: Home Visiting Curriculum for Expectant Families--Baby's Months 7-12.

Florida State University Center for Prevention and Early Intervention Policy. (2004). Tallahassee, FL: Author. Practical applications of research are integrated throughout the curriculum in strategies for supporting baby's development such as bonding and attachment, continuity of care, the effects of stress on the parents and infant, health and safety, mother's physical and emotional health, and ways to promote the baby's overall development through daily care routines, toys and books, and building a trusting relationship. The handouts offer practical guidance to families dealing with baby's stranger anxiety, increasing mobility, and desire for independence.

Pathways to Competence: Encouraging Healthy Social and Emotional Development in Young Children.

Sarah Landy. Baltimore: Brookes. 2002. This book explores nine key social and emotional areas: sense of body self; attachment to caregivers; play and imagination; language and communication; self-esteem; morality and conscience; emotion regulation; concentration, planning, and problem solving; social competency, empathy, and pro-social behavior.

Pathways to Prevention: A Comprehensive Guide for Supporting Infant and Toddler Mental Health.

Zero to Three. Washington, DC: Author. 2004. This document reviews the history of the mental health initiative of the Head Start Bureau and describes the pivotal role that relationships have for achieving social and emotional well-being. It then goes on to highlight six building blocks that support successful program approaches to infant and toddler mental health. Finally, a section of additional resources suggests written material and Web sites that programs can use to support their work, and highlights local and national initiatives and associations that address infant mental health.

Pediatric Disorders of Regulation in Affect and Behavior: A Therapist's Guide to Assessment and Treatment.

Georgia DeGangi. (2000). San Diego: Academic Press. *Pediatric Disorders* presents the state of the art in theory, research, and treatment strategies for infants and children with regulatory problems. Complete with comprehensive case studies, references, and index, this wonderful book is replete with photographs, screening tools, detailed assessment procedures, and integrated treatment approaches.

Promoting Maternal Mental Health During Pregnancy.

JoAnne Solchany. (2001). Seattle, WA: NCAST Publications. The book, *Promoting Maternal Mental Health During Pregnancy*, addresses a woman's psychological and emotional health during pregnancy. This program includes the normal, typical course of pregnancy, high-risk pregnancies, domestic violence, pregnant women with unresolved grief or loss, and those women experiencing depression or other mental health disruptions.

Secure Relationships.

Alice Sterling Honig. Washington, DC: National Association for the Education of Young Children. 2002. *Secure Relationships* distills key points needed in understanding and building attachment between young children and the people who care for them. It focuses on ways to give loving, responsive, and consistent care and discusses why such care is essential for healthy adjustment and relationship building in childhood.

Sensory Integration and Self-Regulation in Infants and Toddlers: Helping Very Young Children Interact with their Environment.

G. Gordon Williamson. (2001). Washington, DC: Zero to Three. This book was written for a multidisciplinary audience of practitioners who support the development of infants and young children in a broad array of settings, including child care, Head Start, Early Head Start, early intervention, neonatal

intensive care follow-up, developmental clinics, infant mental health centers, and child life programs. The authors integrate and synthesize knowledge from the fields of occupational therapy, neuroscience, child development, psychology, psychiatry, education, and the movement sciences.

Songs of Resilience. David Kisor. (2006). Covington, KY: Children, Inc. Resilience research informs us that young children who have strong internal protective factors of secure attachment to adults, a sense of initiative and self control tend to have positive developmental trajectories in school and in life. This product is designed to be used by early childhood educators to foster resilience in children. These songs can be used alone, integrated with any strength-based curriculum, or integrated with the Devereux Early Childhood Assessment Program (DECA).

Tender Care and Early Learning: Supporting Infants and Toddlers in Child Care Settings. Jacalyn Post and Mary Hohmann. Ypsilanti, MI: High/Scope Press. 2000. In this guide to providing high-quality care for infants and toddlers in child care centers and homes, *Tender Care* describes High/Scope's active learning approach for very young children who are in the sensory-motor stage of development – the stage when children learn with their whole body and all their senses, and when they rely on trusted adults to support their learning adventures.

Touchpoints: The Essential Reference. T. Berry Brazelton. Reading, MA: Addison-Wesley. 1992. *Touchpoints* addresses children's behavior, feelings, and development from pregnancy to age six in both chronological and reference form.

Understanding Attachment: Parenting, Child Care and Emotional Development. Jean Mercer. (2006). Westport, CT: Praeger. Author Jean Mercer reveals common misconceptions and outlines well-established facts and theories about how people form and maintain attachments or emotional ties to loved ones.

The World's Children and Their Companion Animals: Developmental and Educational Significance of the Child/Pet Bond. Mary Renck Jalong. (2004). Olney, MD: Association for Childhood Education International. For many of the world's children, pet keeping is inextricably linked with intense emotions that run the gamut from the joy and pride of being a pet owner to the grief and loss when a pet is surrendered or dies. Everyday experience and observation would dictate that the young human animal's ties to other species often are major developmental incidents, with lifelong implications. Companion animals should matter to educators, if for no other reason than that they matter so much to children.

DVDs

Attachment Relationships: Nurturing Healthy Bonds. 2010. Attachment is the ability to form and maintain healthy relationships. Follow the journey from prenatal bonding to a baby's phases of attachment from birth to age two. Study founding theorists John Bowlby and Mary Ainsworth, and see examples of how parents and caregivers can foster healthy attachment relationships. Attentive, responsive, and loving care given by a baby's primary caregiver sets the foundation for a child's capacity to form these relationships throughout life. 29 minutes.

For the Child: Information on Mental Health and Advocacy for Resource Parents/ Para El Niño: Información sobre Salud Mental y Abogacía para Padres de Crianza. Parents Action for Children. 2007. Hosted by Morgan Freeman, this DVD will help foster parents and kinship care providers to understand the most common children's mental health problems; navigate the local mental health service delivery system; develop alliances with birth parents, school systems, mental health providers and caseworkers; feel increased comfort with seeking mental health services; recognize the rights and responsibilities of foster children, birth parents, kinship providers, foster parents and caseworkers; identify who to call, what to say, and where to go to obtain the right services; and be an effective advocate for the children in your care. 30 minutes.

Infants: Social and Emotional Development. Learning Seed. 2010. In the first year of life, infants express a range of emotions—from faces of distress to spontaneous laughter. Watch as they begin to distinguish the expressions of others and mimic them as well. Examine the different stages of emotional development, and learn how children form attachments with people. Observe how personality and temperament affect an infant's social and emotional growth and how caregivers handle various situations. 23 minutes.

Para El Niño: Información sobre Salud Mental y Abogacía para Padres de Crianza/For the Child: Information on Mental Health and Advocacy for Resource Parents. Desarrolle lazos con los padres biológicos, sistemas escolares, proveedores de salud mental y trabajadores de casos. Siéntase más cómodo buscando servicios de salud mental. Reconozca los derechos y responsabilidades de los niños de crianza padres biológicos, proveedores de cuidado familiar, padres de crianza y trabajadores de casos. Identifique a quien llamar, que decir, y donde ir para obtener los servicios adecuados para el niño/niña en su cuidado. Abogue efectivamente para los niños en su cuidado.

Shaping Youngest Minds. Love boosts brainpower. We now understand that at birth, the brain is very much a work in progress. Human contact helps "grow" the brain. A mother comforting her baby, a father playing peek-a-boo, and a caregiver reading to a child are all shaping youngest minds. 24 minutes, 1999.

Trauma, Brain, and Relationship: Helping Children Heal. This documentary video about psychological or emotional trauma in children is taken from interviews conducted at the From Neurons to Neighborhoods community conferences. The documentary is an overview to help those who care about children recognize, prevent and heal psychological trauma. 22 minutes. 2004.

Journals

The Early Childhood Training Center subscribes to the following journals that address the topic of early childhood mental health.

The Infant Mental Health Journal publishes peer-reviewed research articles, literature reviews, program descriptions/evaluations, clinical studies, and book reviews that focus on infant social-emotional development, caregiver-infant interactions, contextual and cultural influences on infant and family development, and all conditions that place infants and/or their families at risk for less than optimal development. The journal is dedicated to an interdisciplinary approach to the optimal development of infants and their families. It is the official publication of the World Association for Infant Mental Health (WAIMH) Published bi-monthly.

Zero to Three, published six times per year by the National Center for Clinical Infant Programs, is intended for persons who work with infants, toddlers and their families and includes information on children with special needs.