



**Each Infant is Unique:
IECMH Guiding
Principles in Practice**

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Part 3 of a 4-part series

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Learner objectives

As a result of engaging in this event, participants will be able to:

1. Describe ZERO TO THREE's IECMH Guiding Principle #8:
Each infant is unique. The broad range of individual differences among children contributes to variability in the timing of developmental milestones.
2. Identify at least one way that culture influences development.
3. Articulate three characteristics that make up a child's individuality.
4. Name one strategy they can use to integrate IECMH Guiding Principle #8 into their scope of work.



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Take a moment to ...

- Take Inventory**
 - Why am I here? What do I already know?
- Notice Emotions**
 - How do I feel about being in this training today?
- Actively Engage**
 - What is my learning style?
- Link**
 - How will this content inform my work?
- Integrate**
 - How will I integrate this information into my scope of work?



*Coined by Anne Pease-Garayzar adapted with inspiration from Elizabeth Thomas, Carmen Rosa Novillo, and Kristine Engstrom (2012)



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ZERO TO THREE'S IECMH Guiding Principles

<https://www.zerotothree.org/resource/resource/zero-to-threes-infant-and-early-childhood-mental-health-iecmm-guiding-principles/>



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Welcome!



Katrina Macasaet, B.S., M.A., leads ZERO TO THREE'S *Critical Competencies* and *The Growing Brain* professional development programs. Ms. Macasaet also presents at state, regional, and national conferences and meetings, and contributes to the development of ZERO TO THREE's research-based and evidence-informed professional development offerings. She has an undergraduate degree in early childhood education and a master's degree in human development.

In addition to being a bilingual, cake-loving yoga instructor, she is an amazing listener – connecting to trainers, coaches, and educators in the field with compassion, honesty, and real-world solutions.



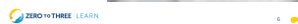
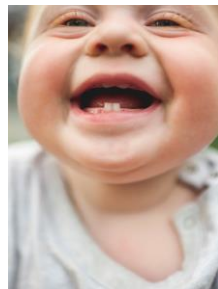
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IECMH Guiding Principle #8

Each infant is unique....

Each infant is born with unique sensibilities, strengths, vulnerabilities, preferences, and displeasures that all evolve within their family culture and context of relationships.



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Why is this important?

Recognizing individual differences and variabilities in development helps professionals and caregivers provide tailored support and responsive service delivery.



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Cultural influence

- *Perception* – sensory information creates a vivid picture of the child in the caregivers' minds.
- *Conceptualization* – mental constructs are formed based on caregivers' observations and beliefs.

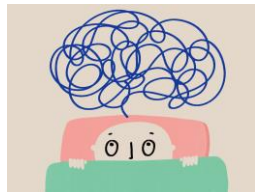


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Reflect

- Is there a characteristic about yourself that you believe is misunderstood by others?
- How have you navigated this belief?
- Were there cultural considerations at play?



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Physical health and appearance

- Physical health
 - A health condition may affect an infant or young child's ability to form a strong parent-child connection.
- Physical appearance
 - Imagined vs. the real baby
 - Gender expectations
 - Reminder of other(s)



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Mental health

The developing capacity of the child from birth to 5 years old to:

1. Form close and secure adult and peer relationships
2. Experience, manage, and express a full range of emotions; and
3. Explore the environment and learn,

ALL in the context of family, community, and culture.



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Developmental status

- When does the child meet expected developmental milestones?
- What are the cultural norms for expected developmental milestones?



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Learning Style

- Visual
- Auditory
- Tactile
- Kinesthetic

- Social
- Logical-mathematical
- Verbal



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Sensory processing

- Sensory thresholds may vary widely by sense.
- Sensory information gets processed differently for every child and results in different behavioral outcomes.
- May include:
 - General
 - Auditory
 - Visual
 - Tactile
 - Vestibular
 - Proprioceptive
 - Oral



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Temperament

- Temperament is biologically based.
- Identified traits include:
 - Activity
 - Regularity
 - Initial reaction
 - Adaptability
 - Intensity
 - Mood
 - Distractibility
 - Sensory threshold



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Self-regulation

- Co-regulation
 - Physical cues
 - Sharing of emotional cues
 - Social referencing
- Self-regulation
 - Self-soothing
 - Noticing and internally modulating attention, thinking, emotions and behaviors



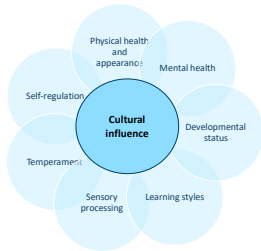
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Pulling it all together



Model of oneself



Model of relationships



Model of the world

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Cultural influences are woven into every aspect of development

Child	Caregiver
Physical health	Ensures physical safety
Physical appearance	Teaches, socializes, guides behavior
Mental health	Makes a psychological commitment
Developmental status	Provides comfort
Learning style	Provides basic needs
Sensory profile	Engages in play
Temperament	Shows interest in baby's experience
Self-regulation	Understands infant and child development
Past experiences	

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**Applying Guiding Principle #8:
Prepare yourself**

1. Family-centered approach
2. Relationship-based services with a focus on "Goodness of Fit"
3. Individualized assessment
4. Observation
5. Flexibility in Methods
6. Professional development and resource tools
7. Reframe
8. Collaborative teamwork
9. Documentation and progress monitoring
10. Reflective practice



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**Applying Guiding Principle #8:
Educate parents**

1. Anticipatory parental guidance and support
2. Provide concrete resources and tools
3. Give guidance on and encourage parents to observe
4. Remind parents there is no one-size-fits-all approach to parenting
5. Emphasize "goodness-of-fit"
6. Model how to reframe
7. Teach parents to retain records for future use



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Remember

"...the variability in timing of developmental milestones and competencies can make it difficult to distinguish normal variations in development from more serious delays and is a reminder that there is a wide range of typical development."

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Take a moment to ...

Take Inventory

- What did I learn?

Notice Emotions

- How do I feel about being in this training today?

Actively Engage

- How did I engage in my learning?

Link

- How will this content inform my work?

Integrate

- How will I integrate this information into my scope of work?



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Take a deeper dive with us!



- Webinar #3: Relationships, Well-Being and Individuality
July 10, 2024
- Webinar #4: Quality, Access and Reflective Practice
September 18, 2024

REGISTRATION NOW OPEN

www.zerotothree.org/our-work/learn-professional-development/upcoming-trainings



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Thank You

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