

## General Resources on Engaging Stakeholders

Liberating Structures- strategies for facilitating meaningful gatherings [www.liberatingstructures.com](http://www.liberatingstructures.com)

[Roundtable on Community Engagement and Collective Impact](#)

[Leading By Convening](#)

## General Infant and Early Childhood Mental Health and Wellness Resources

The [Early Childhood Learning and Knowledge Center](#) has a number of excellent resources specifically for Head Start and Early Head Start Programs. Resources are provided in the following subsections:

[ZERO to THREE](#)

[Center on the Developing Child, Harvard University](#)

[PA Whitaker Study on the Physical and Mental Health of Head Start Staff, 2012](#)

## Resources specific to Suspension and Expulsion / Implicit Bias

[US Department of Health and Human Services and US Department of Education Policy Statement on Expulsion and Suspension Policies in Early Childhood Settings](#)

[OCDEL policy statement on suspension and expulsion and supporting documents](#)

[Preventing Suspensions and Expulsions in Early Childhood Settings, A Program Leaders Guide to Supporting All Children's Success](#)

Foundation for Child Development: [Pre-Kindergartners Left Behind: Expulsion Rates in State Pre-Kindergarten Programs](#) (Walter S. Gilliam, Yale University)

[Addressing Implicit Bias in the Early Childhood System – Linda K. Smith](#)

[Research Brief: Do Early Educators' Implicit Biases Regarding Sex and Race Relate to Behavior Expectation and Recommendation of Preschool Expulsions and Suspension?](#)

School suspensions are an adult behavior | Rosemarie Allen | [TEDxMileHigh](#) Video

ZERO to THREE: Why is Implicit Bias Such an Important Issue? [Video](#)

ZERO to THREE: Who is being Expelled from Preschools, and Why? [Video](#)

ZERO to THREE: How Can We Support Staff in Addressing Implicit Bias? [Video](#)

ZERO to THREE: Expelled in Preschool: What's Behind the Numbers? [Video](#)

ZERO to THREE: Meet Charlie – A Young Child Expelled in Preschool - [Video](#)

## Resources specific to Inclusion

[US Department of Health and Human Services and US Department of Education Policy Statement on Inclusion of Children with Disabilities in Early Childhood Programs](#)

[OCDEL Policy Statement on Inclusion and supporting documents](#)

[Head Start Center for Inclusion](#)

Early Childhood Learning and Knowledge Center: - [Preschool Inclusion Series](#)

Early Childhood Learning and Knowledge Center: [Inclusion Resources](#)

PA Early Intervention Technical Assistance Online Learning Portal – [Inclusion Resources](#)

## Resources for ECMH Specific Consultation

In recent years, many resources have been created regarding ECMH consultation. While the list below is not all inclusive, it does provide a solid foundation for understanding the consultative role in the early childhood system.

[The Center for ECMH Consultation](#) is a website developed by Georgetown University's Center for Child and Human Development that provides links to materials that addresses the questions and needs of I/ECMHCs, Head Start program administrators, Head Start staff, training and technical assistance providers, and families. It houses multiple tutorials, toolkits and resources that can be used to clarify the ECMH consultant role and to support the delivery of consultation services to early care and education practitioners. While these resources speak specifically of ECMHC in the Head Start Environment, much of the information applies to the delivery of ECMHC in any environment. Here is a list of some of the resources that would be beneficial for your review:

ECMHC Tutorials:

- [Defining Early Childhood Mental Health Consultation and the Consultant Role](#)
- [The Effective Mental Health Consultant](#)
- [The Consultative Stance](#)
- [Recognizing and Supporting the Social and Emotional Health of Young Children Birth to Age 5](#)
- [Partnering with Families in Early Childhood Mental Health Consultation \(ECMHC\)](#)
- [Recognizing and Addressing Trauma in Infants, Young Children, and their Families](#)
- [Cultural and Linguistic Competence in Early Childhood Mental Health Consultation](#)

ECMHC Toolkits and Additional Resources:

- [Observation Toolkit for Mental Health Consultants](#)
- [A Day in the Life of an Early Childhood Mental Health Consultant: Real-Life Vignettes](#)
- [Facilitating Individualized Interventions to Address Challenging Behavior Toolkit](#)
- [Materials to reduce stress in staff and families](#)

[The Early Childhood Learning and Knowledge Center](#) (ECLKC) developed an interactive module that highlights the role of IECMH consultation. The modules are divided into lessons with realistic scenarios and short video clips. Each lesson has its own resource area designed to provide extensive support around this type of consultation.

- [The Mental Health Consultation Tool](#)

[The Center for Excellence for Infant and Early Childhood Mental Health Consultation](#) is a resource page from the Substance Abuse and Mental Health Service Administration, an agency within the U.S. Department of Health and Human Services. The I/ECMHC Toolbox offers information about the latest research and best practices for I/ECMHC in infant and early childhood settings. It provides free interactive planning tools, guides, videos, and additional resources to support I/ECMHC efforts in states, tribes, or communities. Below are some highlighted resources:

- [Crosswalk of Early Childhood Mental Health Services](#)
- [A Day in the Life of an Early Infant and Childhood Mental Health Consultant](#)
- [Infant and Early Childhood Mental Health Consultation Competencies](#)
- [Training and Workforce Development Activities that Prepare and Support IECMH Consultants](#)

A Guide to Effective Consultation with Settings Serving Infants, Toddlers, and their Families: Core Knowledge, Competencies, and Dispositions:

[www.acf.hhs.gov/sites/default/files/assets/2011\\_effective\\_consultation.pdf](http://www.acf.hhs.gov/sites/default/files/assets/2011_effective_consultation.pdf)

Birth to Five: Watch Me Thrive! Developmental and Behavioral Screening Initiative:

<http://www.acf.hhs.gov/programs/ecd/child-health-development/watch-me-thrive>

Center on the Social and Emotional Foundations for Early Learning (CSEFEL):

<http://csefel.vanderbilt.edu/>

Promoting Optimal Development: Screening for Behavioral and Emotional Problems (AAP):

<http://pediatrics.aappublications.org/content/early/2015/01/20/peds.2014-3716.full.pdf+html>

The Pyramid Model Consortium: <http://www.pyramidmodel.org/>

Using EPSDT to Promote Early Childhood Mental Health: Idea Kit:

<http://gucchd.georgetown.edu/projects/Using%20EPSDT%20to%20Promote%20Early%20Childhood%20Mental%20Health%20Idea%20Kit.pdf>

**Adverse Childhood Experiences (ACEs) and Trauma Informed Care**

[Substance Abuse and Mental Health Services Administration \(SAMSA\)](#)

[Centers for Disease Control and Prevention](#)

[Stress and Early Brain Growth – Understanding Adverse Childhood Experiences \(ACEs\)](#)

Breathe - Meditation and Music App available on the App Store for iOS devices

## Mindfulness

[Mindful Schools](#)

[Mindful](#)

# Mindfulness Book List

Marnie Aylesworth-Hogan

### Teacher/Parent Books

- ❖ **Mindful Movements: Ten Exercises for Well-Being** by Thich Nhat Hanh (2008)
- ❖ **Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything** By Deborah Schoeberlein David (2009)
- ❖ **The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate** by Susan Kaiser Greenland (2010)
- ❖ **Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm and Relaxed** by Christopher Willard (2010)
- ❖ **Planting Seeds: Practicing Mindfulness with Children** by Thich Nhat Hanh and the Plum Village Community (2011)
- ❖ **The Mind-Up Curriculum Grades Pre-K to 2** by Scholastic (2011)
- ❖ **Mindfulness Skills for Kids & Teens** by Debra Burdick (2014)
- ❖ **A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions** by Amy Saltzman MD and Saki Santorelli EdD MA (2014)
- ❖ **Mindful Discipline: A loving Approach to Setting Limits & Raising an Emotionally Intelligent Child** by Shauna Shapiro and Chris White (2014)
- ❖ **Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens** by Lisa Roberts (2014)
- ❖ **The Art of Mindfulness for Children** by Alisa Reddy (2014)
- ❖ **Teach Breathe Learn: Mindfulness In and Out of the Classroom** by Meena Srinivasan (2014)
- ❖ **Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom** by Patricia A Jennings (2015)
- ❖ **Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families** by Susan Kaiser Greenland (2016) – **This also has a card deck you can order separately**

### Leadership

- ❖ **The Mindful Leader** by Michael Bunting (2016)
- ❖ **The Mindful School Leader: Practices to Transform Your Leadership and School** by Valerie Brown (2014)

### Children's Books

- ❖ **A Handful of Quiet: Happiness in Four Pebbles** by Thich Nhat Hanh (2008)

- ❖ **What Does It Mean To Be Present?** by Rana DiOrio and Eliza Wheeler (2010)
- ❖ **The Lemonade Hurricane: A Story of Mindfulness and Medication** By Licia Morelli (2015)
- ❖ **The Tail of Max the Mindless Dog: A Children's Book on Mindfulness** by Florenza Denise Lee and Michelle Wynn (2015)
- ❖ **Mindfulness Coloring Book for Children: A Fantastic Introduction to Mindfulness for Children** by The Future Teacher Foundation (2015)
- ❖ **Master of Mindfulness: How to Be Your Own Superhero in Times of Stress** by Laurie Grossman and Mr. Musumeci's 5th Grade Class (2016)
- ❖ **Yoga and Mindfulness Practices for Children Activity and Coloring Book** by Jennifer Cohen Harper (2017)
- ❖ **A World of Pausabilities: An Exercise in Mindfulness** by Frank J Sileo, PhD (2017)
- ❖ **Mind Bubbles: Exploring Mindfulness with Kids** by Heather Krantz (2017)
- ❖ **I Am Peace: A Book of Mindfulness** by Susan Verde (2017)

#### Other Books Specific to Mindfulness

- ❖ **Gratitude Diaries** by Janice Kaplan (2016)
- ❖ **Little Book of Mindfulness: 10 minutes a day to less stress, more peace** by Patricia Collard (2014)
- ❖ **Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World** by Mark Williams, Danny Penman (2012)
- ❖ **Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food** by Jan Chozen Bays (2009)
- ❖ **Mindfulness Workbook for Dummies** by Shamash Alidina and Joelle Marshall (2013)

Additional Resources recommended by HS/EHS Programs:

[Safety-Care: Redefining Crisis Prevention](#)

[SPEC – Supporting Positive Environments for Children](#)