

Our Priorities

The Florida Strategic Plan for Infant Mental Health Guide the priorities of the Manatee Chapter.

MIMHA Priorities:

1. To create a coordinated system for early identification of mental health needs for children birth to five.
2. To improve and expand mental health intervention services for children birth to 5 with risks, delays or disabilities.



Every hug. Every lullaby.
Every Kiss. Every Peek-a-boo.
Every word. Every touch.
Every warm blanket. Every giggle.
Every smile.
Everything you do
In the first five years
Becomes a part of me.

Our Partners

*Parents
Childcare Providers
Child Development Specialists
Child Protection Workers
Community Leaders
Community Service Organizations
Educators
Early Interventionists
Family Advocates
Guardians Ad Litem
Health Care Providers
Home Visitors
Law Enforcement
Mental Health Therapists
Psychologists
Early Learning Coalition Members
Social Workers
Therapists – OT, PT, Speech
Florida KidCare – Affordable Child Health
Insurance*

www.wholechildmanatee.com

For more information on how you can contribute or participate in the Manatee Infant & Young Child Mental Health Association, contact:



The Manatee Infant Mental Health Association (MIMHA) is a local initiative of the Florida Association for Infant Mental Health and a collaborative network of qualified professionals established to provide a system of mental health service delivery for young children and their families



www.MIMHA.org

Nurturing, stable, and consistent relationships are the key to healthy growth.

WHAT IS INFANT MENTAL HEALTH?

The Florida Strategic Plan for Infant Mental Health defines infant mental health as the ability of children from birth to five to grow, develop and learn in a way that enhances their social and emotional health, both as individuals and in relationship with others.



For children **Birth to Five**, good social and emotional wellbeing is enhanced by:

- Providing parents and caregivers with the necessary skills and tools to support healthy social and emotional development.
- Supporting family and caregiver strengths and cultural values and beliefs.
- Identifying early signs of emotional and behavioral concerns.
- Promoting successful partnerships among families and caregivers

Overview of Healthy Child Development

Even before their first birthday, babies can suffer from clinical depression, traumatic stress disorder and a variety of other mental health problems. Fortunately, there are approaches to preventing, assessing and treating young children and their families. Emotional support and guidance can help parents to foster healthy emotional and social development and to detect problems in their earliest stages when treatment is most effective.

What happens or doesn't happen in those first few years of life can lay the foundation for becoming productive, contributing members of society, or can lay the foundation for intergenerational cycles of abuse, neglect, violence, dysfunction and mental illness. Research has shown that in fact, many societal problems can be prevented if infant and young child mental health is understood and fostered.

Taken, in part, from Florida's Strategic Plan for Infant Mental Health (2001)

"I believe that infants and babies whose mothers give them loving comfort whenever and however they can are truly the fortunate ones. I think they're more likely to find life's times of trouble manageable and I think they may also turn out to be the adults most able to pass loving concern along to the generations that follow after them".
-- Fred Rogers

Principles of Brain Development

- The outside world shapes the brain's development.
- The outside world is experienced through the senses—seeing, hearing, smelling, touching and tasting—enabling the brain to create or modify connections.
- Relationships with other people early in life are the major source of development of the emotional and social parts of the brain.
- By age 5 a child's personality, self-conception, emotional development and character will be almost complete.

Taken from the "I Am Your Child" Campaign

