

## Resources to Share with Early Childhood Professionals

IECMH consultants can share these practical resources with home visitors and other early childhood education providers:

- [Bringing Light to Motherhood: Community Provider Perinatal Mental Health Toolkit](#) is an easy-to-use, no-cost resource geared toward any health care provider or caregiver who interacts with new moms and moms-to-be. The toolkit includes over 100 pages full of tips and advice on the risk factors, symptoms, prevention, screening, intervention, and treatment of perinatal depression and related mood disorders, and handouts in English and Spanish that providers can distribute to patients.
- [Family Connections](#) is an initiative to support early childhood programs in their mental health outreach to families facing adversities, particularly parental depression. Family Connections provides supportive educational materials for parents and staff, training, and consultation services.
- [Family Well-Being: A Focus on Parental Depression](#), a brief from The National Center on Parent, Family, and Community Engagement, presents a summary of selected research, proven interventions, and program strategies for Head Start and other early childhood programs.
- [Five Action Steps to Address Maternal Depression in Head Start Programs](#) provides action steps for staff to reduce the impact of depression in the families they serve, with links to resources related to each step. Staff can use these tools to reduce the impact of depression in the families they serve.
- [Fostering Resilience in Families Coping with Depression: Practical Ways Head Start Staff Can Help Families Build on Their Power to Cope](#) is a short paper, developed by Family Connections, that describes the four levels of resiliency, identifies factors that promote resilience, and suggests strategies to foster resilience.
- [Making the Most of Your Infant and Early Childhood Mental Health Consultation Services](#) was developed by the Head Start National Center on Early Childhood Health and Wellness and includes a scripted presentation and handouts to help Head Start programs understand the role of mental health consultation and its connection to quality outcomes. One handout, [Finding a Mental Health Provider](#), defines different types of mental health providers and their qualifications, and discusses how to find and access these providers.
- [Depression in Mothers: More Than the Blues—A Toolkit for Family Service Providers](#) (available in English and Spanish) gives providers tools and techniques to identify mothers who might need a more targeted intervention to prevent them from becoming clinically depressed. The toolkit equips providers with information about depression, and offers strategies for working with mothers who may be depressed.
- [Mothers and Babies](#) is a program that promotes healthy mood, bonding with one's baby, and strategies for pregnant women and new moms to cope with stress in their lives. Mothers and Babies can be implemented one on one or in a group setting.
- The [Motivational Interviewing Suite](#) from the Head Start National Center on Early Childhood Health and Wellness provides examples of how to use motivational interviewing strategies in everyday conversations with families. It includes a video of a home visitor talking to a parent about a positive depression screening, and related materials on motivational interviewing.

- [Parenting, Depression, and Hope: Reaching Out to Families Facing Adversity](#) is a short paper from Family Connections that defines depression and describes the signs that early childhood professionals should look for to decide whether a parent might be depressed.
- [“One in 8 New Mothers Suffer from Depression,”](#) a poster developed by the [Center for Early Childhood Mental Health Consultation, Georgetown University Center for Child and Human Development](#), reminds early childhood educators and home visitors to consult their program’s mental health consultant to learn more about depression.
- [Supporting Maternal Mental Health in Public Nutrition Practice](#) from the Association of State Public Health Nutritionists provides insight into maternal depression, including postpartum depression, and its effects on mothers, families, and children. Programs and resources to screen and treat maternal depression are highlighted. The brief identifies breastfeeding as a protective factor, and spotlights the Baby-Friendly Hospital Initiative and Special Supplemental Program for Women, Infants, and Children program as key resources.
- [Talking About Depression with Families](#) is a tip sheet developed by the National Center on Early Childhood Health and Wellness about how to have conversations with families about depression.
- [Understanding Depression Across Cultures](#), a short paper from Family Connections, explores the cultural implications of mental health, noting that mental health is a topic that can be a social stigma or taboo in many cultures and communities. It includes strategies for building cultural sensitivity.