

## **Infant and Early Childhood Mental Health (IECMH)**

What is infant mental health? The Minnesota Association of Infant and Early Childhood Mental Health (MAIECMH) uses the following working definition of infant mental health established by the ZERO TO THREE Infant Mental Health Task Force:

*Infant mental health is the developing capacity of the child from birth to age 3 to:*

- *Experience, regulate and express emotions;*
- *Form close and secure interpersonal relationships; and*
- *Explore the environment and learn—*

*All in the context of family, community, and cultural expectations for young children.*

***Infant and early childhood mental health is synonymous with the healthy social and emotional development of young children.***