

Passaic County Community College

ECE.107- Nurturing the Mental Health of Infants and Toddlers

Course Content Highlights:

- Quality goes beyond just meeting a baby's basic needs (Diaper changing, feeding)
- Views caregivers as “people makers “ not babysitters
- Supports positive mental health experiences of infants and toddlers
- Supports sense of self and identity formation
- Models positive belief systems
- Respects infants and toddlers

Positive Outcomes

Passaic County Community College

ECE.107- Nurturing the Mental Health of Infants and Toddlers

- A deeper sense of respecting and responding to the needs of infants and toddlers
- Improved relationships
- Self acceptance
- Better communication skills
- Respect and acceptance of all types of families and children
- Enhanced compassion
- Raised awareness of children's developmental needs
- Recognition of the importance of their role
- Motivation for continued learning and growth
- Desire to continue self-awareness work in a supportive environment
- Development of support groups, both early child professional and parent

Self Reflection

Passaic County Community College

ECE.107- Nurturing the Mental Health of Infants and Toddlers

- *Journaling*
- *Identifying negative beliefs and turning them into positive affirmations*
- *Identify you own strengths (remember: what you focus on expands!)*
- *Visualizations*
- *Finding the “gifts” in unpleasant situations*
- *Self Reflection Exercises*
- *NJ Infant/Toddler Credential Learning Guide exercises*
- *Exercises from text “Gifts from the Heart”*