

Early Childhood Mental Health Consultation



The WellPower ECMH Consultation team offers trainings and workshops on the following topics:

Mental Health & Child Development

- Brain Development (Birth –8)
- Childhood Trauma
- Self-Regulation
- Attachment
- Impact of Poverty on Learning
- Sexual Development & Body Safety
- Social & Emotional Development: Typical vs. Atypical
- Supporting Neurodiverse Children
- Sensory Supports for Regulation
- The Escalation Cycle
- Talking to Children about Race

Teaching/Classroom Tools & Skills

- Routines & Transitions
- Classroom Connections & Relationship Building
- Social Emotional Skills Development
- Positive Behavior Guidance
- Understanding & Addressing Challenging Behavior
- Using Visuals in ECE Settings
- DECA Classroom Use & Implementation
- Conscious Discipline & Pyramid Plus Strategies
- Behavior/Support Planning
- Building Relationships & Effective Communication with Families

Parent/Caregiver Education

- Circle of Security Parenting (8-session series)
- Establishing Routines at Home
- Sleeping Patterns & Routines for Children
- Media, Screen Time & Child Development
- Sibling & Family Relationships
- Positive Behavior Guidance Strategies
- Co-Parenting
- Grief & Loss
- Caregiver Self-Care & Stress Management
- Addressing Big Feelings with Children

Reflective Practice Topics

- Circle of Security Classroom Approach (8-session series)
- Adult Regulation in the Classroom
- Cultural Competency
- Adult Resilience
- Stress Management & Self Care
- Conflict Resolution in ECE Settings
- Effective Time Management Skills
- Reflective Practice in ECE Settings
- Examining Childcare Practices and Beliefs

Some, but not all, PLAY consultants are trained in and able to facilitate the training programs listed below.

Connect with your consultant or PLAY program manager, Heidi Whitney, for more information.

FLIP IT!

Build Your Bounce

Darkness to Light

Mental Health First Aid