

This strategy invests in:

Investing Early (prenatal - 5)
so that babies are born healthy
and establish a strong foundation
for lifelong health and well-being

Sustaining the Gain (ages 5 - 24)

Communities of Opportunity

Other investment area

**Funding Estimate
(2022-2027):**
\$9,510,000

Infant and Early Childhood Mental Health

The Infant and Early Childhood Mental Health (IECMH) strategy focuses on improving social and emotional outcomes of young children 0-5 years old. Approaches include training and reflective consultation — a practice emerging from the multidisciplinary field of infant mental health, which acknowledges that very young children have unique developmental and relational needs and that all early learning occurs in the context of relationships. Services strengthen the ability of caregivers and providers to support children in forming close relationships with adults and peers, manage and express a full range of emotions, and explore the environment and learn. These skills and experiences form the foundation for healthy brain development and self-regulation.

Services takes place in the context of family, community, culture, and traditions, and promote relational health for very young children and their families. In addition to continuing to support social-emotional development for all young children under age 5 in King County, IECMH anticipates reaching approximately 350-450 providers a year through trainings and approximately 200 providers a year through reflective consultation.



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