



Mental health in infancy and early childhood affects every aspect of individuals' lives throughout their lifetime, including social functioning, psychological well-being, and physical health.

In March, network members were asked to fill out a survey regarding the ways that they would like to receive information from us. The most frequently chosen method was through emails and newsletters. As a result, this brief e-newsletter will be published every few months. It contains minimal information on a variety of topics as well as links that you can follow to obtain more information. It will also introduce new resources available from a variety of organizations.

REFERRALS TO MENTAL HEALTH SERVICES (0-8 Year Olds)

Please follow the link, <http://www.preventioninstitute.sk.ca/uploads/ECMH%20Referral%20Services%20in%20SK.pdf>, to view information about processes related to referring children, age 8 and under, to mental health services throughout the province. This resource provides contact information as well as details about the services that are available in each health region.

PARENTING FOR LIFE

Parenting for Life has released a set of posters aimed at parents regarding early childhood mental health. The topics covered include exploration, loving care, spending time with your children, emotional regulation, and play. These can be viewed at http://www.psychologyfoundation.org/pdf/publications/pfl_posters.pdf and can be ordered from The Psychological Foundation of Canada.

EARLY CHILDHOOD MENTAL HEALTH LITERATURE REVIEW

The Infant and Early Childhood Literature review focusses on biological, environmental, and relational influences on early childhood mental health. Information is also available about clinical diagnosis, early intervention, and prevention. Promising practices have been highlighted in each of the above areas. This review can be accessed at <http://www.preventioninstitute.sk.ca/early-childhood-mental-health/resources-and-links>.

FACEBOOK

For those who are interested in and have access to Facebook, the Prevention Institute has its own page. This can be found at <http://www.facebook.com/#!/lists/10151189022248747>.

TRAINING OPPORTUNITIES

Please see the attached save the date notice for a one day workshop regarding "Children's Exposure to Violence and Brain Development" being held in Saskatoon on October 18, 2012.

Prevention Matters 2013 will be held in Saskatoon, October 2-4, 2013.

Registration is open for FASDLive2012. For more information, go to <http://www.preventioninstitute.sk.ca/home/fasdlive-2012-conference>.