Research to Practice:
Promising Practices with Infants and Toddlers

Lynette Kimes
ZERO TO THREE
The Special Concerns of Infants and Toddlers

- Chronic feeding or sleeping difficulties
- Inconsolable “fussiness” or irritability
- Incessant crying with little ability to be consoled
- Extreme upset when left with another adult
- Inability to adapt to new situations
- Easily startled or alarmed by routine events

The Special Concerns of Infants and Toddlers

- Inability to establish relationships with other children or adults
- Excessive hitting, biting and pushing of other children or very withdrawn behavior
- Flat affect

What we know…

- Biology
  - Temperament and genetics

- Relationships
  - Young children develop in the context of relationships

- Environment
  - Young children develop in the context of their environment

Into what we do...

Strategies:

• Promotion

• Prevention

• Treatment/Intervention
Most successful interventions, whether they are primarily preventive or therapeutic, are based on facilitating that relationship (caregiver/child) and helping both the child and the caregiver learn to adapt successfully to each other’s individuality.

From Neurons To Neighborhoods, The Science of Early Childhood Development
Understanding Early Social and Emotional Development

• Parent Source
  – Wee Wonders
  – Tee Wonders
  – The Fussy Baby Clinic of Louisiana

• Reflective Dialogue Parent Education Design

From the Journal of ZERO TO THREE: National Center for Infants, Toddlers and Families (September 2005, Vol 26(1).
Early Head Start

- Early Head Start Research
  - Challenging behaviors for toddlers
  - Full implementation
- Infant Mental Health Initiative
  - Understanding the social and emotional strengths and vulnerabilities of very young children
DC: 0-3 R

• Diagnostic Classification of Mental Health Disorders of Infancy and Early Childhood, Revised Edition
  – Addresses:
    • Rapid pace of development
    • Importance of early relationships
    • Individual differences
    • Impact of the caregiving environment
  – Advance the evidence-based evolution of the system
