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PRINCIPLE 1
Trust Parents
Effective early relational health interventions trust that all parents want to, are capable of, and strive to provide the care their children need. We can build early relational health by meeting adult caregivers. Identifying such trust reveals a range of parents' and the cultural understandings of parents & families have the skills or capacity, we can find out what it is and what resources and supports can grow that capacity.

PRINCIPLE 2
Focus on Simple, Everyday Interactions
Simple, everyday interactions between young children and adults are the essential building blocks of early relational health. The importance of the small moments, whether during a one-on-one interaction, we can view as complex to the processes between caregivers and children.

PRINCIPLE 3
Takes a Village to Raise a Child
All caregivers need and benefit from early relational health supports and resources. As it takes a village to raise our children, we have an opportunity to build a village of families, and others, who can support from home, community, and professional resources.

PRINCIPLE 4
Meet Families Where They Are
Meeting families "where they are" means understanding and respecting the barriers that prevent them from seeking and using supports and resources. Families do not seek out supports at all interactions. They have different needs, at different times, in different places, and different people. A focus on trust to connect with relationships would identify and address cultural, geographical, logistical, and developmental disparities.

PRINCIPLE 5
Build Parallel Relationships
Support for parents-child relationships requires parallel parent-professional relationships, which in turn require parallel professional-professional partnerships. Child needs, family needs, and supports relationships to grow to benefit them, as does the parent and caregiver and the professionals who support them. To build a community of early relational health, we can engage and organize the professional supports for children, families, and professionals.

OVERARCHING PRINCIPLE
Embedding Equity within Early Relational Health
Early is both the process and the goal for early relational health work. Equity of participation, resources, support, and opportunities can both add and prevent to early relational health work. We cannot build early relational health for children without building the capacity of our communities. We cannot build the capacity of our communities, and we cannot strengthen our families without building the capacity of our communities.

SCAN ME

4

90% INCREASE in early childhood work

TRUTH ABOUT ACES

ACES = ADVERSE CHILDHOOD EXPERIENCES

INVESTMENT IN EARLY LEARNING \$1 = \$13 IN RETURN

Stories told about early childhood work are, at best, half of the picture.

6

90% INCREASE in early childhood work

TRUTH ABOUT ACES

ACES = ADVERSE CHILDHOOD EXPERIENCES

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Early Relational Health can complete the picture with stories about and from the actual work of early childhood.

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The foundation of human development begins in **early childhood**.

The foundation of physical, behavioral, and mental health is **relational health**.

Early childhood caregivers and educators are **early + relational health professionals**.

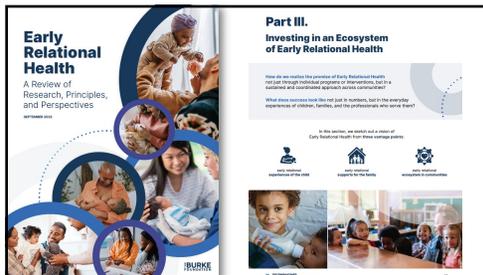
Therefore, ECE professionals are *foundational*.

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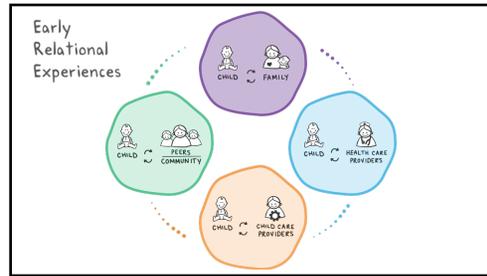
Video 1

Nap Time at Family Child Care

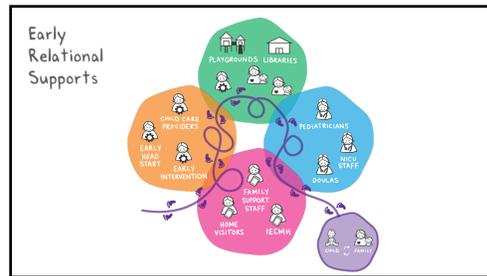
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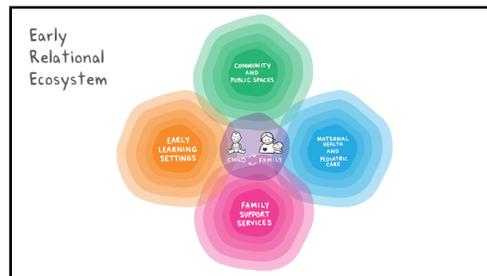
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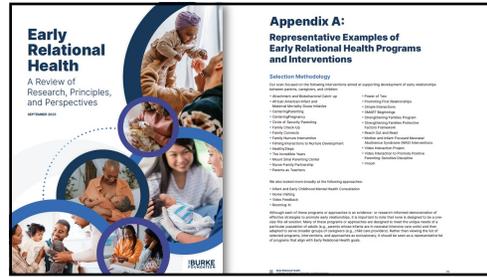
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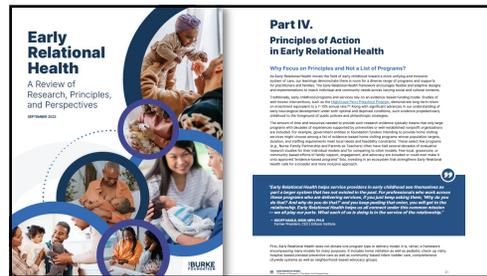
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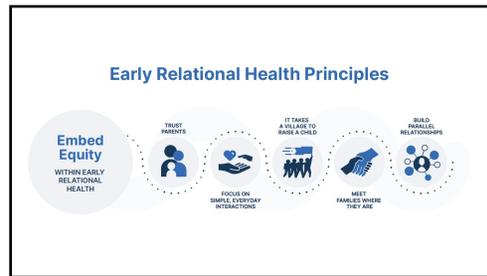
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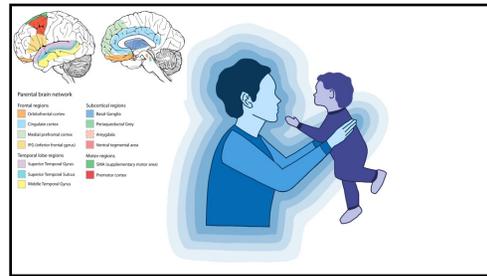


PRINCIPLE 2
Focus on Simple, Everyday Interactions
Simple, everyday human interactions are the essential building blocks of Early Relational Health.

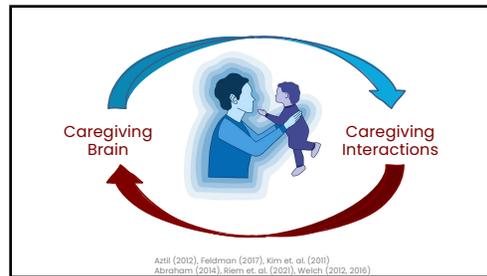
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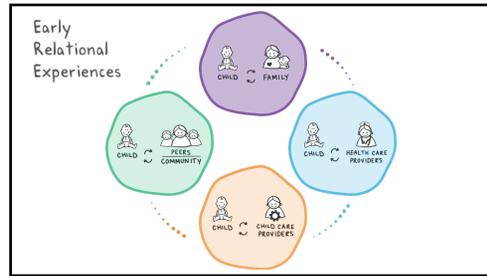
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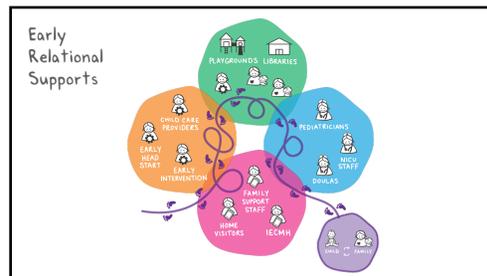
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PRINCIPLE 3
It Takes a Village to Raise a Child
 All families and children need and benefit from familial, community, and professional supports and resources.

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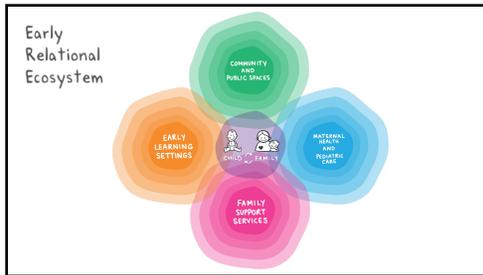
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PRINCIPLE 4
Meet Families Where They Are

A robust system to promote Early Relational Health must identify and meet families across a range of geographical, logistical, and developmental touchpoints.

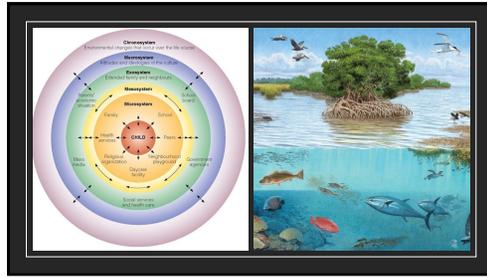
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Early Relational Health is ecological.

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PRINCIPLE 5
Build Parallel Relationships
 A child needs trusted, reciprocal, and responsive relationships to grow in a healthy way, as do the parent and caregiver and the professionals who support them.

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Early Relational Health Principles

The diagram features five circular icons in a row, each with a title and a brief description below it. From left to right: 1. 'Embed Equity' with the subtext 'WITHIN EARLY RELATIONAL HEALTH' and an icon of a person. 2. 'TRUST PARENTS' with an icon of two people. 3. 'FOCUS ON SIMPLE EVERYDAY INTERACTIONS' with an icon of hands holding a heart. 4. 'MEET FAMILIES WHERE THEY ARE' with an icon of a group of people. 5. 'BUILD PARALLEL RELATIONSHIPS' with an icon of a network of nodes.

31

Promoting early relational health starts with both understanding the relational **needs** of the child and respecting and supporting the relational caregiving **capacity** of the adults.

32

"Safe, Stable, and Nurturing Relationships (SSNRs) are promoted in safe, stable, and nurturing families that have access to safe, stable, and nurturing communities with a wide range of resources and services."

Andrew Garner, MD, PhD, FAAP, Michael Yogman, MD, FAAP
Preventing Childhood Toxic Stress: Partnering With Families and Communities to Promote Relational Health
American Academy of Pediatrics 2021 Policy Statement

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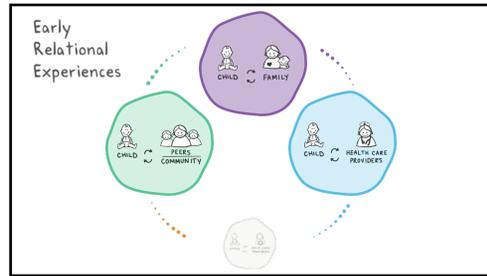
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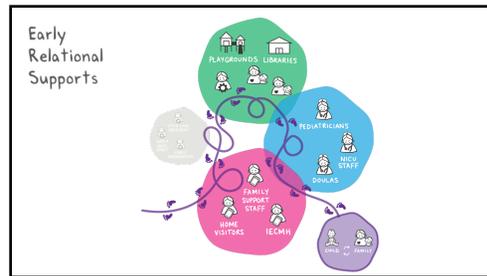
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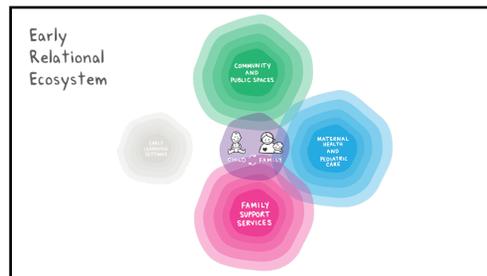
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Care for the Caregivers

Be as invested in the families and professionals as they are in our children. **We cannot make a lasting impact on children by skipping over the adults in the middle.**

Nemie Lessau
Stephanie Jones