



Dear RIAIMH Community,

In this time of uncertainty and stress related to the spread of the coronavirus (COVID-19), I have been inspired by stories I hear about the power of community and connection even in the face of social distancing. Providers are working to hold space for parents and families in new ways to make sure babies are well cared for. This is vitally important since we know that babies and young children are “emotional sponges” who take their cues from us. So, as providers and parents, we need to make sure we take care of ourselves in order to be most available to take care of our children. We need to breathe, find comforting routines, and reach out so that we don’t feel alone. We need to appreciate small moments of connection. We need to remember that we will get through this together. This is what’s best for babies.

RIAIMH will be regularly posting resources, materials and virtual training opportunities on our website. We share this information with you, our Infant and Early Childhood community, in hopes that it will provide support during these challenging times. Please visit our website to take advantage of these professional development opportunities. And please stay connected!

Take care,

A handwritten signature in blue ink, appearing to read 'Susan Dickstein', followed by a long horizontal line extending to the right.

Susan Dickstein, PhD, IMH-E®
Executive Director, RIAIMH