

FIRST 3 YEARS

OUR IMPACT LASTS A LIFETIME

EARLY RELATIONAL HEALTH (ERH) PROGRAM

The ERH Program at First3Years seeks to build awareness of the importance of strong, positive, nurturing relationships throughout the early childhood ecosystem by engaging with professionals, organizations, and universities.

Foundations of Connection

An introductory series that explores a new early relational health cornerstone each quarter. The following 1-hour webinars are offered each month, for free, for professionals working with infants and toddlers.

BIG IMPACTS ON TINY BRAINS

- Understand the critical period of early childhood brain development.
- Recognize the importance of positive, nurturing relationships and how bonding contributes to brain development.

NURTURING RELATIONSHIPS

- Dive into specific elements of strong, positive caregiver-child relationships.
- Examine co-regulation and sensitive caregiving strategies with a focus on reciprocal benefits.

FOSTERING CULTURAL HUMILITY

- Move beyond cultural awareness to build skills for cultural humility.
- Emphasize the importance of cultural humility in working with families and how reflective practice supports inclusive relationships.

CREATING CONNECTION ACROSS BOUNDARIES

- Build an in-depth understanding of early relational health within and across systems.
- Review participants' roles in creating an ecosystem supporting early relational health and understanding parallel processes impacting caregiver-child relationships.

Strengthening Foundations: A Cohort Series

An intermediate cohort series that explores the cornerstones of early relational health in more depth, Cohorts will last for 12-weeks, with participants meeting every 3 weeks for 2 hours. Available to all professionals, free for those in the Episcopal Health Foundation service region.

- Build relationships with other professionals
- Explore how early relational health can be actively implemented in work with families.

Early Relational Health Coaching

The ERH Program collaborates in a variety of ways with community organizations and universities across Texas to promote early relational health throughout programming.

- Collaborative conversations with ERH Specialist
- Customized professional development
- Assistance in curriculum development
- Provision of ERH materials for distribution
- Direct engagement with families

ERH Specialist

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