

This Issue and Why it Matters

Infant and early childhood mental health (IECMH) refers to the full continuum of services and supports that promote healthy child development, prevent mental health problems, and identify and treat mental health disorders. IECMH is often misunderstood to be relegated to the realm of mental health professionals, however, anyone who touches the life of a child has the potential to promote healthy social-emotional development and well-being. The articles in this issue of the *ZERO TO THREE Journal* describe the kinds of services and experiences that support IECMH in a variety of programs and settings across different populations. All the articles underscore the essential components of IECMH that prioritize the emotional health of very young children and the quality of their caregiving relationships. Undoubtedly, the stressors of the current pandemic, with the associated health and economic devastation, bring a heightened sense of urgency to IECMH awareness, advocacy, and funding. The ZERO TO THREE website offers a wide range of resources to help in these efforts: <https://www.zerotothree.org/iecmh>

2020 has certainly been a year of changes, new challenges, and new ways of working and living. In this atmosphere of creativity and growth, we are pleased to let you know that exciting changes are coming to the *ZERO TO THREE Journal* production schedule. Beginning with this issue, the *ZERO TO THREE Journal* will publish 4 full issues per year in print and digital formats in September, December, March, and June. In addition, we will publish supplemental online-only digital articles throughout the entire year on a rolling basis on a variety of topics informed by current events and our readers' areas of interest. We hope you will enjoy the expanded array of new resources available to you, and we invite you to let us know the topics and content that you most want to see in future issues and articles from the *ZERO TO THREE Journal*.

Stefanie Powers, Editor
spowers@zerotothree.org

It's not too late! **Be Great** with us in the Virtual Annual Conference 2020. October 5–9.

Register now at annualconference@zerotothree.org

Earn CEUs for Reading the Journal!

Reading the *ZERO TO THREE Journal* is an affordable and convenient opportunity to meet professional development requirements. Complete a full Journal issue and an evaluation to receive Continuing Education Units (10 Contact Hours/1.0 credits). For more information regarding ZERO TO THREE CEUs, please visit: <https://www.zerotothree.org/CEUs>

The *ZERO TO THREE Journal* was founded in 1980

Sally Provence, Editor 1980–1985
Jeree Pawl, Editor 1985–1992
Emily Fenichel, Editor 1992–2006

Editor

Stefanie Powers

Production Manager

Jennifer Moon Li

Editorial Assistant

Kathy Reschke

Design Services

K Art & Design, Inc.

Executive Director

Matthew E. Melmed

ZERO TO THREE Board of Directors

Abel Covarrubias	Lisa Mennet
Felicia L. DeHaney	Michelle Meyercord
Chandra Ghosh Ippen	Catherine E. Monk
Walter Gilliam	Brian A. Napack
Mary Margaret Gleason	Michael R. Olenick
Brenda Jones Harden	Joy D. Osofsky
Jon Korfmacher	Paul G. Spicer
Donna Levin	Eugene Stein
John Love	Barbara Thompson
Tammy Mann	Ross Thompson
Matthew E. Melmed	Ginger Ward
Andrew N. Meltzoff	Marcel Wright

Directors Emeriti

Samuel J. Meisels	Arnold J. Sameroff
Jeree H. Pawl	Jack P. Shonkoff
Kyle D. Pruett	

Founding Members

T. Berry Brazelton	Peter B. Neubauer
Selma Fraiberg	Robert A. Nover
Stanley I. Greenspan	Sally Provence
J. Ronald Lally	Julius B. Richmond
Bernard Levy	Albert J. Solnit
Reginald S. Lourie	Leon J. Yarrow

The views expressed in this material represent the opinions of the respective authors and are intended for education and training to help promote a high standard of care by professionals. Publication of this material does not constitute an endorsement by ZERO TO THREE of any view expressed herein, and ZERO TO THREE expressly disclaims any liability arising from any inaccuracy or misstatement, or from use of this material in contravention of rules, regulations, or licensing requirements.