

## **FCS/PSY 3300 Infant and Early Childhood Mental Health**

Fall 2023

Tuesday, Thursday 10:45AM – 12:05PM ART 158

3 credit hours

**Instructor:** Dr. Marissa Diener

**Email:** [please message me on Canvas](#)

**Phone Number:** 801-581-8750 (218 AEB)

**Office Hours:** Tuesday 12:05 – 1:00 and by appointment

**Office Location:** 218 AEB. I am also happy to meet on zoom or talk on the phone.

**Class Zoom Room (for zoom appointments or if we need to meet on zoom due to natural disaster or covid):**

Meeting ID: [929 9171 7669](#) Passcode: [babies](#)

**Course Website:** Canvas (access via CIS) or <http://learn-uu-uen.org>

**Teaching Assistant:** Amelia Herder

**Email:** Message on Canvas

**Office Hours:** by appointment

### **Required Materials**

- Summers, S.J., & Chazan-Cohen, R. (2012). *Understanding early childhood mental health: A practical Guide for Professionals*. Baltimore, MD: Brookes Publishing. ISBN: 978-1-59857-075-5. Textbook is available at the Campus Store, via online sellers.
- Other materials (websites, journal articles) as indicated on Canvas modules.

### **Course Description**

This course provides an in-depth examination of typical and atypical infant and early childhood development through a culturally-relevant, relationship-focused lens. This course will allow students to uncover developmentally-relevant risk factors, and learn more about how early life stress and trauma can impact biopsychosocial development in infancy and early childhood. Specifically, we will review the impacts of parental psychopathology, early life stress and other risk factors on caregiver-child interactions and child development. Students will be able to articulate how early life stress and exposure to parental psychopathology “get under the skin” to affect behavioral and mental health outcomes. We will also consider the applications of these concepts to prevention and intervention.

### **Course Outcomes**

By the end of this course, you will be able to:

- Explain how ghosts and angels in the nursery impact parent-child relationships and infant and early childhood mental health
- Describe key concepts, principles, and themes in the field of infant and early childhood mental health with respect to risk in prenatal development and early childhood and develop a working knowledge of this area.

- Identify some of the neurological mechanisms by which early life stress becomes biologically embedded to shape social and emotional development in early childhood
- Apply a biopsychosocial and cultural framework to explain how risk and protective factors influence individual differences in infant and early childhood development
- Distinguish between promotion, prevention and intervention and apply these concepts to the field of infant and early childhood mental health
- Apply reflective practices to case studies and scenarios

### Teaching and Learning Methods

Students learn best from active engagement with the material. This course will include a variety of teaching methods, including lecture, video, group discussions, classroom activities, and case studies. Thus, I expect you will be physically and mentally present in class so that you can engage with us, we can learn from one another, and we can interact. Please direct your attention to what is happening in class and avoid distractions such as cell phone use and internet surfing.

### Assignments - more detail given in class and on Canvas.

1. Readings.
2. Reflective Practice Journals (drop 1; 8 journals out of 9 possible journals; **Final Reflection required of everyone**)
3. In Class Course Material Engagement Activities (you can drop 4 engagement activities out of a possible 25-30ish activities- these will occur most class periods) to help you think like an Infant Family Associate.
4. Quizzes (drop 1 quiz).
5. Parent Resource Infographic.
6. Mid-Term Exam. Mid-Term Exam on 10/5/2023
7. Final Exam. Final Exam in Class 12/12 10:30AM – 12:30AM

### Grading Policy (Evaluation Methods & Criteria)

Evaluation Method	Points (These are weighted)	Weight
Quizzes	8 X 15 = 120 points	15%
Engagement Activities	250 points	25%
Reflective Practice Journals	7 X 10 points = 70 points	10%
Screening Memo	100 points	10%
Parent Resource Infographic	100 points	10%
Mid-Term Exam	100 points	15%
Final Exam on Case Study	100 points	15%