

# “When I’m Okay, You’re Okay”



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*Livingston County Public Health Department Healthy Families Illinois*

Children develop in relationship with others. When we think about Infant and Early Childhood Mental Health, we think specifically about the child’s experience in the relationships they have with their caregivers. We consider the “goodness of fit” between the caregivers and the child and how the quality of the relationship allows the child to (1) experience, express, and regulate emotions and recover from dysfunction; (2) establish trusting relationships and repair conflict, and (3) explore and learn. In this workshop, we will examine the skills and strategies necessary to understand the child’s experience in relationship with their caregivers and how the mental wellness of the caregivers directly influences their relationship with the child.

## **GUEST SPEAKER: LAUREN WILEY**

Lauren holds a master's degree and certificates in infant mental health from Erikson Institute and is an Illinois-certified Type 04 Early Childhood teacher. She has extensive experience working with children, parents, and early childhood professionals in school systems, mental health agencies, home visiting programs, and residential treatment programs. She has consulted on the assessment and treatment of young children, adolescents, and their families in the Early Intervention System, the Department of Children and Family Services, community health agencies, and residential treatment facilities. She teaches Screening and Assessment of Infants and Toddlers in the Infant Studies Program at Erikson Institute. Her consulting practice Bambini, Inc. provides training and consultation around children's mental health issues.



Date: **Wednesday, April 4, 2012**  
Check in time: 8:30 - 9:00 AM – Continental breakfast  
Program time: 9:00 am to 12:00 pm  
Place: Pontiac Bible Church – 1611 W Reynolds, Pontiac, IL  
Contact Info: Sara Bork – Livingston County Public Health Department – 815/844-7174 ext. 212

### **Pre-Registration Due Date:** April 1, 2012

Mail to: Livingston County Health Department – PO Box 650 – Pontiac, IL 61764  
or Email to: sbork@lchd.us  
or Fax to: 815/842-3291

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