

WHAT IS EARLY CHILDHOOD MENTAL HEALTH?

PARENTAL MENTAL HEALTH

LACK OF
RESOURCES

UNMET SENSORY
NEEDS

TRAUMA

LIFE
TRANSITIONS

POWER
STRUGGLES

HITTING!
BITING!
YELLING!

CONCERNING
PLAY

HELPLESSNESS

... and more



WHY DOES IT MATTER?

Early challenges put children at risk for developmental delays, long term physical and mental health complications, and relationship challenges.

Early intervention has been shown to be incredibly successful at reducing long term impacts and supporting children's social, emotional, and academic development. Don't wait to get support!

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Villagesmith.org

WAYS TO SUPPORT EARLY CHILDHOOD MENTAL HEALTH

CARE FOR YOURSELF

The grown ups' mental health is one of the biggest predictors of the kids' mental health. **Taking care of you is taking care of them.**

What's going on *under the surface* for your child? Are there extra stressors present? Is the environment overwhelming? Has something been different lately? Sometimes kids' behavior communicates a deeper need.

OBSERVE & REFLECT

BUILD EMOTIONAL LITERACY

Pausing and supporting kids through their feelings on a regular basis teaches them how to cope, so when big feelings hit, they know what to do.

You don't have to spend all day with your child – just 15 minutes of your undivided attention fills their cup. Let them pick an activity and have fun!

CONNECT

GET SUPPORT

It takes a village!

If you have concerns about your own or your child's mental health, don't hesitate to seek more support.

For more resources, check out:

villagesmith.org

