

Young Children Thrive Best When You Provide Patience, Love, and Guidance

THINGS YOU CAN DO TO SUPPORT CHILDREN'S EMOTIONAL DEVELOPMENT:

- ✿ Surround children with nurturing relationships.
- ✿ Be happy – smile and laugh.
- ✿ Create a trusting and loving environment.
- ✿ Provide stable and consistent caregivers at home and in child care.
- ✿ Understand and respond to children's cues.
- ✿ Spend unhurried time together.
- ✿ Comfort and reassure children when they are scared, angry, or hurt.
- ✿ Develop routines to promote predictability and security.
- ✿ Learn developmental stages and have appropriate expectations.
- ✿ Model good relationships and healthy ways to manage conflict.
- ✿ Consider how whatever you're doing or going through may affect your child.
- ✿ Identify early signs of emotional or behavioral problems.

Babies who are made to feel loved and cherished learn that they are lovable.

California Social Awareness Committee on Supporting Early Childhood Mental Health is a collaboration of: Project ABC, California Statewide Screening Collaborative, The WestEd Center for Prevention and Early Intervention, and First 5 Alameda County