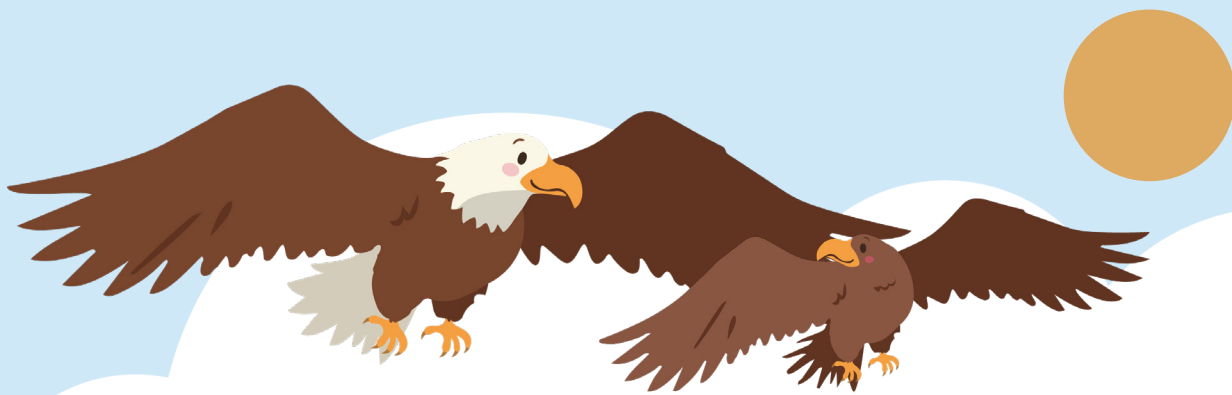




AK-AIMH

EVERY CUDDLE, STORY, AND SONG BUILDS YOUR CHILD'S MENTAL HEALTH.



You're Already Doing So Much Right.

-  **Hold & Hug:** Holding and hugging your child fosters emotional security.
-  **Talk & Sing:** Talking, singing, and reading boost brain growth and connection.
-  **Comfort & Respond:** Comforting your crying child builds safety and trust.
-  **Routines:** Routines like meals and bedtime help children feel secure.

When It Feels Tough

It's Okay to Ask for Help.

Babies and young children have big feelings. Every family has tough days. If you're worried about sleep, feeding, tantrums, or your child's emotions, it doesn't mean you're a bad parent. Talking to someone early can make things easier, for you and your child.

For more information, tips and local resources, visit our website.



www.akaimh.org