

WHILE YOUR CHILD IS WITH US, WE'RE HELPING BUILD THEIR FUTURE.

Through play, storytelling, and consistent care, we're helping your child build the strong foundation their brain needs for a healthy future.



Feeling Safe

We provide a steady, loving environment so your child knows they are protected and valued.



Building Friendships

We guide your child as they learn to share, take turns, and care for others.



Managing Big Feelings

We help your child name their emotions and learn how to calm their body when things feel tough.

When your child feels safe and supported, their brain is ready to learn. This is the foundation for school, work, and a happy life.

Ask us today how we're supporting your child's "big feelings" and social-emotional growth!



AK-AIMH

Want to Learn More? Scan the QR code for resources and guides.

Funding made possible through the Preschool Development Grant, and supported through partnership with thread and Early Intervention/Infant Learning Program.



YOU ARE BUILDING THE FOUNDATION FOR ALASKA'S YOUNGEST MINDS.

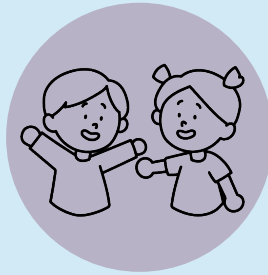
Your daily interactions and observations are the most powerful tools for a child's healthy growth.

MOMENTS TO NOTICE



Notice Resilience

Look for moments when a child keeps trying after facing a challenge or manages a frustration. These are “brain-building” wins to share with families.



Notice Connection

Look for how a child seeks comfort or shares joy with you. These moments of trust are the heart of their emotional health.



Notice Patterns

If a child is struggling with activities, transitions or big feelings, look for what they might be trying to communicate through their behavior.

SHIFTING OUR PERSPECTIVE: FROM “FIXING” TO CONNECTING

It's not...
A behavior to “fix”



It's actually... A child communicating.
Ask yourself: “What is this child trying to tell me right now?”

It's not...
Correcting them



It's actually... Connecting them.
Help the child feel safe and understood before you address the behavior. Ask: “What does this child need from me?”

It's not...
Being the “expert”



It's actually... Being a partner.
When talking to families, tell them: “We are both learning what works best for your child.”

CONNECTING FAMILIES

Help families by normalizing extra support. Offer a “warm hand-off” to a specialist, and use the AK-AIMH link or connect with your local IECMH Consultant to find the right path forward together.

Scan for resources and support.



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