

When It Feels Tough

When It Feels Tough, It's Okay to
Ask for Help.

Babies and young children have big feelings. Every family has hard 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.



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This resource is for informational
purposes and is not a substitute for
professional medical or mental
health services.

www.akaimh.org

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



From birth to age five, your
child's brain is growing fast. Little
things like holding, talking and
playing are powerful for their
mental health and wellbeing.



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You're Already Doing So Much Right.

Hold & Hug: Holding and hugging your child provides a sense of security and belonging that fosters healthy emotional regulation.



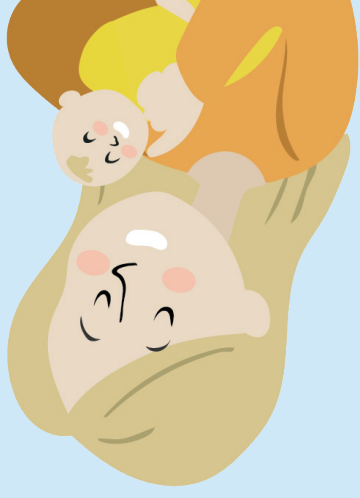
Talk & Sing: Talking, singing, and reading to your child helps their brain grow strong and feel connected to you.



Comfort & Respond: When you comfort your child when they cry, they learn the world is safe and they can trust you.



Routines: Simple routines, like timely meals and bedtime rituals, help your child understand their world and feel secure.



Where to Start

We encourage you to talk to your child's doctor, teacher, child care provider, or home visitor and ask about early childhood mental health. For more information, tips, and local resources, visit our website.

