

4 Simple Ways to Promote Optimal Mental Health for Young Children Ages 0 - 5

Help Your Child Navigate Emotions & Transitions

- Name your child's feelings: "You seem frustrated. You might be confused about what is going on."
- Use language to tell your child what is coming: "In two minutes, we'll clean up our toys and run an errand."

Model Managing Your Own Emotions

- Name your feelings aloud: "I'm feeling really bummed we can't..."
- Show healthy ways of coping: "I'm going to take deep breaths because I'm feeling frustrated."
- Care for yourself by moving your body, saying 'no' to unnecessary commitments and spending time with people who encourage you.

Make a Routine with Your Child

- Read a book together each night before bedtime.
- Put your child down for a nap in the same way each day.
- Check the weather together each morning when you wake up.

Follow Your Child's Lead & Delight in Play

- Join in an activity with your child and mirror what they do.
- Get down on their level.
- Praise your child.
- Enjoy your child: "I just love spending time with you."
- Smile and laugh with your child.