

## Signs and Symptoms of Emotional Concerns in Young Children:

### Infant (0-1 year old)

- ▲ Rarely cries
- Little interest in people or toys
- Hard to calm or soothe
- ▲ Does not make eye contact
- Does not gain weight

### Toddler (1-3 years old)

- ▲ Does not go to familiar adults for help or comfort
- Does not like being touched or held
- Does not play well with others
- ▲ Extremely fearful
- Does not show different emotions
- Unable to calm self (self soothe) with caregiver support

### Preschooler (3-5 years old)

- ▲ Does not play well with others
- Has trouble making friends
- Loss of skills (regression) that toddler could previously perform (like toileting, talking, playing)
- ▲ Destructive to self and or others
- Withdrawn, sad, fearful
- Unable to calm self (self-soothe)

## Where Can I Get Support?

Talk to your Child's Doctor/Pediatrician

To find an Infant Early Childhood Behavioral Health provider in your local area, visit [www.odmhsas.org](http://www.odmhsas.org)

Call **211** to locate an Oklahoma State Department of Health (OSDH) Child Guidance Office in your local area

If concerned about your child's development and to see if your child qualifies for home-based services, contact SoonerStart at **(405) 271-8333**


Contact the Oklahoma Family Network to connect with other parents and caregivers by calling your local area **405-271-5072** or **877-871-5072**

For Parenting Tips and Resources, visit [www.parentpro.org](http://www.parentpro.org)

## Need Help?

 Call the crisis stabilization line for urgent connection & support: **1-833-885-CARE**



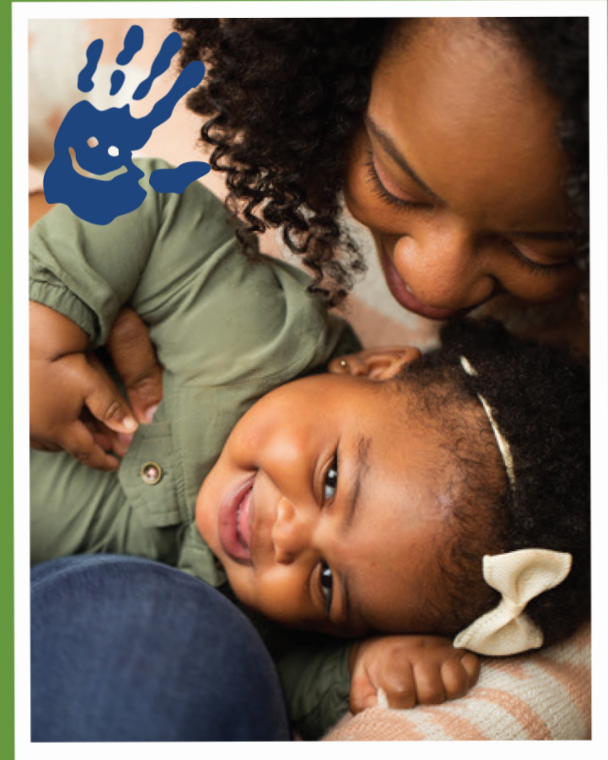
 Crisis Text Line:  
Text **HOME** to **741741**  
to communicate with a trained crisis counselor 24/7



OKLAHOMA  
Mental Health &  
Substance Abuse

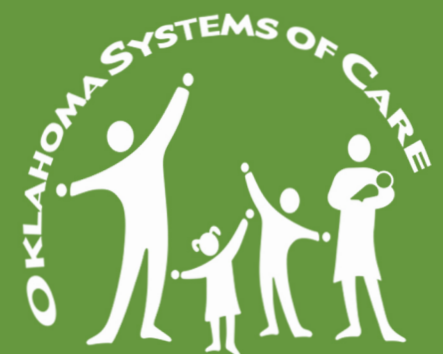
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#relationshipsmatter



# first 5

Infant & Early  
Childhood Mental Health





## Relationships Matter.

Having a good relationship with your baby helps your child develop good mental health. When your baby has good mental health, they can develop the skills to:



Form close and secure relationships



Experience, regulate and express emotions



Explore their environment and learn

*(Zero to Three)*

Your attention and touch is better than any toy you can buy. When you respond to your baby's cries in a safe and nurturing way, you are bonding and building trust with your baby.

Some people think you can spoil your baby, but science tells us this isn't true. When a baby feels loved and secure, he or she has the best chance to learn new skills and develop healthy relationships.



## Surroundings Matter.

Doing what you can to provide a loving and stable environment for your baby gives them the best chance for being a healthy adult. The great news is it doesn't have to be perfect!

### Tips for Creating Nurturing Surroundings

- Create routines with your baby that happen around the same time each day (i.e. meal time, nap time, play time, bath time, story time).
- When you can't be with your baby, leaving them with a consistent, caring, trusted adult will help your baby feel secure and safe while you are away.
- ▲ When you have a calm response to your baby's strong emotions, it can help teach your child to self-soothe and express their emotions in a healthy way.



Meal Time



Nap Time



Play Time



Story Time



## Connections Matter.

Look for small ways to build moments of connection with your child throughout your day. You can build these times into your normal routines.

### Tips for Creating Connections

- Sing silly songs and read books to your child
- Talk with your child about what you are doing together
- ▲ Count your baby's toes when changing a diaper
- Hug and cuddle before bed
- ▲ Brush your teeth together
- Have a dance party
- Play simple games
- ▲ Turn off distractions during meal times
- Explore your surroundings with your baby (babies are naturally curious)
- Make a silly face and watch your baby's reaction
- ▲ Comfort your child when they are scared, angry, or hurt