

Pause. Moments matter in the life of a child.



A caring response today...



Attachment starts early...
it starts with responding
to your child.



Can help build a
relationship for life.



Learn more about infant and
early childhood mental health:
IECMH.ca



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Learning who I am today...



Knowing I can be myself tomorrow.



You're born with temperament.
Discovering it starts early...it starts with knowing
yourself, your child, and how you can work together.

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early childhood mental health:
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How well you deal
with stressors today...



Self-regulation starts early...
It starts with modelling how to
respond to stressors.



Having the skills to respond
to stress tomorrow.



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Having the opportunity to try things for myself...



Knowing I can choose my own path tomorrow.



Sense of agency starts early...
It starts with letting your
child explore choices.

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Encouraging a curious mind today...



Building a healthy brain starts early...
It starts with exploring
the world around you.



Helps build a healthy brain
today and tomorrow.



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Pause. Moments matter in the life of a child.



Knowing you're there
when I fall today...



Being able to bounce
back tomorrow.



Resiliency starts early...
it starts with supporting your child
through life's challenges.

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