Pause. Moments matter in the life of a child.

A caring response today... Can help build a relationship for life.

Attachment starts early... it starts with responding to your child. Learn more about infant and early childhood mental health: IECMH.ca
You're born with temperament. Discovering it starts early...it starts with knowing yourself, your child, and how you can work together.

Pause. Moments matter in the life of a child.

Learning who I am today...

Knowing I can be myself tomorrow.

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Pause. Moments matter in the life of a child.

How well you deal with stressors today...

Having the skills to respond to stress tomorrow.

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

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Pause. Moments matter in the life of a child.

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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IECMH.ca
Pause. Moments matter in the life of a child.

Encouraging a curious mind today...

Helps build a healthy brain today and tomorrow.

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

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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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