

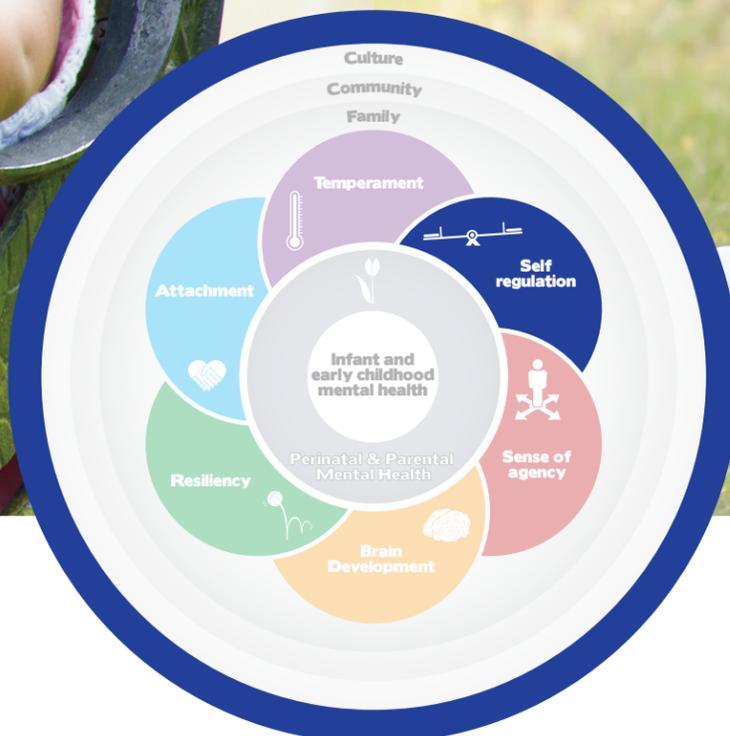
Pause. Moments matter in the life of a child.



Helping me see how to deal with a temper tantrum today...



Having the skills to respond to stress tomorrow.



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

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