

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

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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...



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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early childhood mental health:
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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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early childhood mental health:
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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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