



Early Childhood Mental Health Tips for Caregivers Handout

- **Help your child to feel loved, cared for, and protected.**
- **Model healthy relationships with friends, partners, and community members.**
- **Provide opportunities for your child to safely engage in physical activity while exploring his environment.**
- **Develop consistent routines for your child and family.**
- **Create community connections to help strengthen your circle of support.**
- **Help your child to regulate his emotions by holding him, speaking softly to him, and reassuring him.**
- **Encourage your child to complete age-appropriate tasks so that he can feel a sense of accomplishment and build self-esteem.**
- **Praise your child, being specific about what you are praising him for and why.**
- **Remember to take time to nurture yourself outside of your caregiving duties.**