



Growing Together From the Start

Supporting Infant Mental Health Through Connection and Responsive Care

Infant mental health is the foundation for a child's social, emotional, and cognitive well-being. From birth, babies learn about the world through loving relationships, responsive care and supportive environments.



Kind moments today build a lifetime of connection.

Why It Matters



Supports healthy brain development



Helps children learn to manage emotions



Builds the ability to form relationships



Lays the foundation for learning, behaviour and lifelong health

What Helps Infant Mental Health?



Consistent, loving and responsive care



Warm back and forth interactions like talking, smiling and listening



A safe, stable and nurturing environment



Support from family, friends, community and healthcare providers

Everyday Moments Make a Difference



Talk, sing, read and play together



Respond to your baby's cues with warmth and patience



Create calm and predictable routines



Offer comfort when upset



Explore the world together – indoors and outdoors

A Strong Start for Life

When babies feel safe, seen and loved, they develop confidence, resilience and a sense of belonging.

These early experiences help them grow into compassionate, capable and healthy children.



Small moments make a big difference!

Remember

Infant mental health isn't about perfection – it's about relationship.

Every family's journey is unique. What matters most is your loving presence and the everyday moments you share.

Stories. Guidance. Brighter families together.



A Gift for You and Me!

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You are making a difference



Healthy relationships help children thrive.