

's of Young Children's Well Being

Basics for a child's good **PHYSICAL** health:

- ★ safe & secure environment
- ★ healthy food choices
- ★ immunizations
- ★ regular sleep & exercise
- ★ continuous growth in all areas
- ★ regular visits to a doctor & dentist



Basics for a child's good **MENTAL** health:

- ★ safe and secure surroundings
- ★ love without limits from family
- ★ time to play with other children
- ★ feels good about self
- ★ understands limits



A **PHYSICALLY & EMOTIONALLY** healthy child:

who will grow in his/her own unique way over time



Attachment =

Healthy Relationships

Children who experience positive healthy attachment show these behaviors:

- ★ laugh & smile with family and friends
- ★ can be comforted by close adults
- ★ show affection for family members and other close adults
- ★ act happy or excited when family members return
- ★ enjoy being with family and friends
- ★ ask adults to play with or read to them
- ★ seek help from children or adults when necessary
- ★ show an interest in what children or adults are doing



Behavior =

Healthy Behaviors

Children who have healthy behaviors:

- ★ are alert & responsive to environment
- ★ generally able to be calmed or calm themselves
- ★ briefly able to wait for needs to be met
- ★ respond to adult limits that are right for their age
- ★ can accept "NO"
- ★ accept another choice when their first choice is not available
- ★ cooperate with others



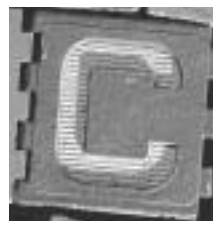
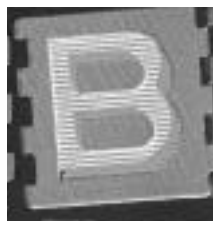
Creativity =

Healthy Imagination & Initiative

Children who have healthy imagination & initiative show these behaviors:

- ★ can be happy & content on a daily basis
- ★ able to focus attention and concentrate on activity
- ★ do things for themselves as they are able
- ★ show interest in new things & play at their age level
- ★ try new things and try again when things are hard
- ★ show a positive attitude
- ★ participate actively in make-believe play as they get older

A child's physical & mental health are BOTH important!



's of Strategies for Parents



Attachment =

Healthy Relationships

Parents can promote healthy relationships by:

- ★ taking care of yourself to make it easier to care for others
- ★ spending quiet, focused time with your child every day
- ★ developing routines for sleeping, eating, and bathroom time (toileting, bathing, etc.)
- ★ monitoring growth of your child with your health care provider
- ★ talking, singing, playing, and reading with your child every day
- ★ being kind and loving with your children
- ★ showing understanding when your child is upset
- ★ leaving familiar objects with your child in your absence
- ★ explain your comings and goings to your child
- ★ telling your child you love them every day



Behaviors =

Healthy Behaviors

Parents can promote healthy behavior by:

- ★ practicing healthy behaviors
- ★ learning age appropriate behaviors & discipline from other parents, parenting classes, and books
- ★ teaching healthy behaviors
- ★ being attentive to your child's behavior and providing age appropriate discipline
- ★ spending more time praising your child than disciplining them and rewarding your child's healthy behaviors
- ★ explaining "WHY" when you say "NO"
- ★ giving your child choices whenever possible
- ★ teaching your child cooperation by supervising play with other children
- ★ listening when others share positive and negative information with you about your child



creativity =

Healthy Imagination & Initiative

Parents can promote healthy imagination & initiative by:

- ★ watching & playing with your child
- ★ supporting your child's learning
- ★ enjoying your child and his/her unique and individual personality
- ★ giving your child time to learn to do for themselves
- ★ understanding that your child will be frustrated when they are challenged
- ★ recognizing your child for any success, even if their attempts are not perfect
- ★ supporting your child to try again
- ★ remembering to say "yes" to balance out the "no's"

Attention!

Each child is an individual and expresses each behavior in his/her own way. If your child is not exhibiting all of these behaviors, it does not necessarily mean there is a problem, just an alert. If you have concerns or questions about your child's behaviors or any strategies to promote the healthy development of your child, call your healthcare provider or any of the numbers below for help and resources!

Resources:

★ Your child's Healthcare Provider (insert name & number in space provided for easy reference)

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★ Families First: 303.745.0327 or 303.695.7996

★ Harambe!: 303.556.3316

★ Local Early Childhood Connections Team:
1.888.777.4041

★ Mental Health Association of Colorado:
303.377.3040/outside of metro area, 800.456.3249

★ Local Library for Parenting Books & Information

This sheet was developed by:

HARAMBE!
Early Childhood Mental Health Initiative



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