

#7
of 10

First 2000
Days of life



Child & Family Mental Health & Wellbeing

Why is it important?

- Strong emotional health and wellbeing in children provides lifelong health and wellbeing benefits
- Children feel valued and secure in warm, safe and nurturing relationships with their parents, carers and adults

What to do?

- Take time to talk, yarn, read, sing, and play together
- Children need a positive approach to discipline that is kind, consistent and understanding of their behaviour
 - Think about factors that may influence their behaviour e.g. hunger or tiredness
 - Do they have the developmental skills to manage the situation?
 - When excited, frustrated, sad, or embarrassed, comfort and support them
 - Ensure children have a routine, get enough sleep, eat well, and limit screen time
- Take care of yourself and ask for support when you need it

Scan here to learn more and contact local services >>

