HOW'S YOUR CHILD'S MENTAL HEALTH ?

Causes: Experiencing stressful events in childhood can have long-term impacts, including effects on mental health. Examples include:
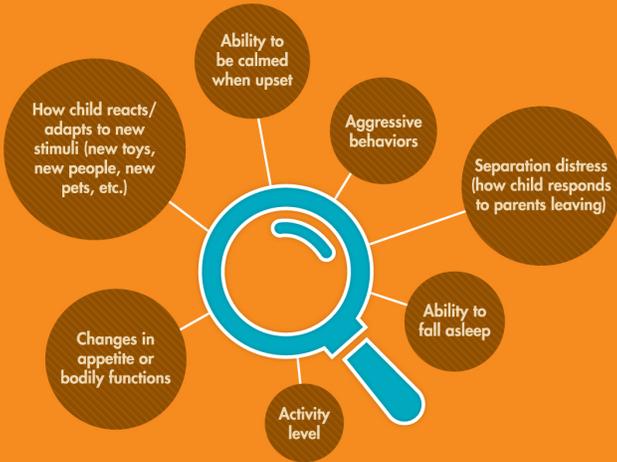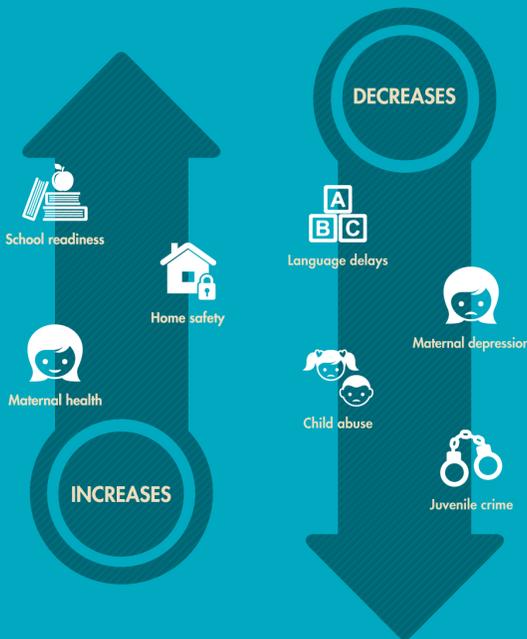
- Divorce
- Domestic violence
- Substance abuse
- RIP — Death in the family

Effects: Infant mental health specialists look for cues such as the tone of a baby's cries, facial expressions and physiological responses such as:

- Ability to be calmed when upset
- How child reacts/adapts to new stimuli (new toys, new people, new pets, etc.)
- Aggressive behaviors
- Separation distress (how child responds to parents leaving)
- Changes in appetite or bodily functions
- Ability to fall asleep
- Activity level

Early intervention is critical:

INCREASES
- School readiness
- Home safety
- Maternal health

DECREASES
- Language delays
- Maternal depression
- Child abuse
- Juvenile crime

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