

# Infant and Early Childhood Mental Health Services

## MENTAL HEALTH CONSULTATION

Through caring relationships, we empower adults to optimize social and emotional development for children.

Mental Health Consultants work with adults who care for infants and young children in different environments. Mental health consultation is not about providing therapy, nor is it about fixing children and families.

Mental health consultation is about developing relationships and strengthening children's experiences within their environments so that they are supported and provided healthy social and emotional developmental opportunities.

### meaningful curiosity

Mental health consultants remain curious with you. Behavior communicates needs, feelings, and development. Observing behavior with curiosity helps to understand what a child's, or even an adult's, behavior is communicating.



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### Supportive Partnership

The unique experiences of a child, caregiver, and educator are essential in transforming adult-child relationships. Through a supportive partnership we will explore, reflect, and plan to build healthy adult-child relationships that support and promote social and emotional well-being.



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### compassionate services

Mental Health Consultation assists caregivers to address child concerns with empathy, non-judgement, and positivity.



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