



Mental Health Starts Here



How to Support Your Child's Mental Health in the Early Years

Table of Contents

Supporting mental health in the early years3

Parenting and attachment

 Parents’ mental health matters4

 Parenting is not about perfection.....4

 Parenting can look different across cultures4

 Developing attachment with your child5

Stress and resilience

 Supporting resilience in your child6

 Supporting your child when they are experiencing stress.....6

 Supporting your child during times of change.....8

Early emotions

 Using positive discipline with your child.....9

 Tantrums 10

 Early emotional learning 12

 Feelings..... 12

 Emotions are for everyone..... 13

 Staying calm together 13

Healthy routines

 Establishing routines 14

 Screen time 14

 Physical activity and screen time by age..... 15

Social and emotional development: Tips by age

 2 and 4 months 16

 6 and 9 months 17

 12 and 15 months 18

 18 months and 2 years 19

 3 years 20

 4 years 21

 5 years 22

When to ask for support..... 24

Resources..... 24

Supporting mental health in the early years

Children under five years old have brains that are developing faster than at any other time in their lives! They learn and develop through their interactions with their parents and caregivers, and the environment around them.

Childhood mental health refers to a child's social and emotional development.

Social development is the ability of a child to form healthy relationships with their parents and caregivers, as well as with other young children.

Emotional development is the ability of a child to manage and express a full range of emotions including patience and helping others.

These are the building blocks for helping our kids have good mental health throughout their life.



DID YOU KNOW?

If babies' bodies grew at the same fast pace as their brains, they would weigh 170 pounds by 1 month of age. By toddlerhood their brain has developed to 80-90% of its adult size. Plenty of sleep is important for building new brain connections.



Parenting and attachment

Parents' mental health matters

Having good mental health helps you manage the changes and challenges that can come with being a parent. Your mental health can also impact your child's mental health. Mental health can be affected by many things, including life transitions and adjusting to parenthood. The arrival of a new baby in the family brings great joy, discovery, and many unexpected surprises. This transition period is a time of many changes for expectant and new parents.

- Expect to have a roller coaster of emotions!
- Work together as a team, moving from "you and me" to "we"
- Talk with your partner about your feelings, concerns, parenting goals, division of tasks and changes in your relationship
- Eat well, exercise, get as much rest as possible, and find time to do something you enjoy
- Be patient with yourself as you learn this new role

Parenting is not about perfection

Nobody is perfect all of the time. When we get it wrong it's important to make things right with our kids. It's ok to tell your kids when you are wrong, and to say sorry when you need to...this teaches children that it's ok to make mistakes and shows them how to fix those mistakes. Lead by example!

It's also good to think about how our past experiences shape who we are as people and as parents. When you think back to your childhood, what are some of the things you want to repeat for your children, and what are some of the things you might want to let go?

Parenting can look different across cultures

Different cultures have different ways to help calm children when they are upset and help themselves or their children to relax. Some might use traditional languages or singing, smudging, or storytelling. Celebrations and family traditions also vary from family to family.

Extended family are an important part of children's lives too. Children who see their grandparents regularly and have strong, consistent relationships with them often show improved emotional wellbeing and resilience.

What are some of the ways your family and culture support you? Find the ways to connect with your child that are meaningful to you and your family.



Developing attachment with your child

Attachment is the deep and lasting connection that children form with their main caregiver, usually their parent. Healthy attachment occurs gradually over time through day-to-day interactions between a parent and child. Attachment relationships influence development, learning, feelings, and close relationships throughout life.

You may not always know exactly what your child is trying to tell you; but with time, you will begin to understand your child's needs, personality, and temperament.

- Loving, responsive care will help to establish a healthy connection with your child that you can continue to build on
- Comforting your child relieves their stress and has a positive effect on early brain development
- Secure emotional attachment is a key factor in raising a happy and confident child

DID YOU KNOW?



Children laugh on average 300 times a day while adults laugh 60 times a day. Laughter relieves physical tension and stress.



Stress and resilience

Supporting resilience in your child

Resilience is the ability to handle life's ups and downs. Being resilient can help kids cope when things go wrong. Children develop resilience when caring adults, like parents, teachers, coaches and community leaders develop a positive relationship with them and it is the most important way to build trust.

Children build resilience and learn to trust through:

- Caring relationships with family and friends
- Feeling safe
- Having consistent routines
- Having someone who doesn't give up on them no matter what
- Having a parent or caregiver sing, rock, hold, and talk with them often
- Having limits set as they get older and letting them know what to expect if rules are broken
- Having the ability to make decisions, within appropriate limits

Children who are resilient have:

- Greater self-esteem and empathy for others
- Positive social interactions with peers and teachers
- Control of positive and negative emotions
- Improved problem-solving abilities
- Better coping skills

DID YOU KNOW?



You make your child feel good when you talk and play. Babies show affection by looking at you, kicking, waving or smiling.

Supporting your child when they are experiencing stress

Your job as a parent is not to get rid of all stress but to support your child in dealing with it. Stress is a normal part of everyday life, but too much stress can have negative impacts on the ability to focus, think and learn.

Signs that may indicate a child is experiencing stress include:

- Increased irritability, sadness, panic, or anger
- Being more quiet than usual
- Trouble relaxing or sleeping
- Change in eating or sleeping patterns
- Recurring headaches, tummy aches or neck pain
- Excessive energy or restlessness
- Trouble getting along with others
- Acting out (being aggressive or defying authority)



Make stressful situations teachable moments – let them know that their feelings are normal and guide them to express their feelings in ways that do not hurt themselves or others.

Helping your child handle stress:

- Be a good example in the way that you handle stress
- Allow your child to say how they feel, help your child understand why they are stressed and give them ways to deal with it
- Try to minimize harmful kinds of stress and to be there as a support when stress occurs
- Ensure that your child's life is not too busy - give them some down time
- Set aside time to play with your child

Helping children cope with stress helps them thrive even in the toughest of times, helping them to buffer stressful events they may encounter in life.

Different types of stress:

- **Positive stress** – something we can learn from, like starting a new daycare or school
- **Tolerable stress** – difficult but unavoidable, like the loss of a loved one
- **Toxic stress** – severe or ongoing, like mental illness or addiction in the household, or exposure to abuse

Toxic stress at an early age can change a developing brain and make it more likely that children will later experience problems with their mental and physical health. For children who have experienced toxic stress, having a **safe and stable relationship with a parent or caregiver** can help them to manage their emotions and protect them from the negative impacts stress can have on a young brain.



Supporting your child during times of change

- Change happens and children need support in preparing for it
- The more skills your child has going into new situations the more confident they will be
- Children who learn to deal with small changes are better able to cope with big changes

Involve your child in the steps leading up to a change and try to focus on the positive parts of the change.

A new sibling

Children often have mixed feelings about a new baby. Here are some tips to help your child adjust to their new sibling.



Before your baby arrives:

- Tell them that your love for them will never change
- Talk about the changes that will happen and answer any questions they may have
- Let your child feel the baby kicking
- Take your child to visit someone else's baby
- Read books about babies



After your baby arrives:

- Help your child hold your baby safely
- Call the baby by their name, not "the baby"
- Spend one on one time with your child - ask family members or friends to help
- Talk to your child about how they are feeling about the new baby

Early emotions

Using positive discipline with your child

Positive discipline means teaching and guiding your child, and praising their efforts and accomplishments instead of punishing them.

Positive discipline helps your child to:

- Make good choices
- Get along with others and treat them with respect
- Learn to solve problems
- Be confident
- Develop self control
- Know the consequences of their actions

Instead of saying “no”, teach them what they can do. For example, instead of saying “*Don’t run in the house*” say “*Please walk when you are inside*” or “*Let’s put on our shoes and run outside together*”. Reserve saying “no” for important issues.



Tantrums

Tantrums are a **normal** part of child development. Starting as early as 12 months and lessening by the time a child reaches four years of age, a tantrum can involve crying, whining, falling to the floor, hitting or punching, yelling or screaming and other behaviours. Tantrums can happen because a child is experiencing feelings they don't know how to manage yet, because they are feeling tired or hungry, want attention, or want to get or do something but do not know a better way to express that need.

As children grow they start to experience feelings and how to express them

- They still need your help to learn how to manage their feelings
- Children learn how to manage their own feelings when you validate and respond calmly to their emotions
- Learning about expectations and limits teaches them how to self regulate



Tantrum tips and tricks:

Reduce your expectations if your child is having a difficult day or not feeling well. If you give them instructions, give them time to respond.

Use preferred items/activities to help motivate their behaviour (e.g., "first put the cars away, then snack"). Especially when they need to stop a preferred activity (e.g., "when we leave the park, do you want goldfish crackers or a granola bar?"). Remember to use this before the behaviours have a chance to start!

Make a plan. Whether you are at home or out in the community, have a plan and stick to it (e.g., at the grocery store, tell your child they can get a treat on the way out, but they need to stay with you and help only get what is on your list. If they cry or scream, they will not get a treat).

Offer choices of what, where, how, and/or with whom? e.g., "Do you want to put your hat on first or your shoes?", "Do you want Auntie to read you a story or Grandma?"

Timers can be used to help indicate it's time to change activities or complete a task (e.g., when leaving the park, give a 10 minute warning, then a five minute warning, then show when the time is up).

Provide praise to your child for cooperation and coping with difficult situations. Remember they are learning and you are their best teacher!

Demonstrate appropriate behaviour when disappointed or angry. State your feelings, model and describe what you are doing to stay calm (e.g., "I am so upset they don't have my favourite chips. I want to cry. I am going to take a breath and think of what else I can get. Can you help me? What other treat should I get?")

Explain your expectations before starting new activities (e.g. "The cars stay on the floor, they are not for throwing. If you throw them, we will be all done."). Be sure to provide praise for following the expectations or follow through with the stated consequence for not following the expectations.

Information provided by Durham Region Children's Development and Behavioural Support

Early emotional learning

Even before children speak, they are learning about feelings. Babies begin to recognize faces and emotions within the first few months of their life. When you smile, soothe, and show affection, your baby learns that feelings are safe and natural. At 6 months of age, infants tend to start connecting their feelings with experiences. They learn these skills through responses modelled by caregivers.

Support your child's emotional learning:

- Offer comfort and affection
- Always respond to your child's cries
- Respond positively with words and tone
- Give predictable responses
- Acknowledge emotions
- Label your child's feelings to help them identify emotions
- Establish routines

DID YOU KNOW?



Babies who are always picked up when crying in the first 6 months of age tend to cry less the next 6 months.

Feelings

Your child can build good social skills such as working together, helping others, and developing friendships by learning to express their feelings in healthy ways.

- It is important for your child to understand that all feelings are normal
- Feelings, like fear, can be real or imaginary
- Children need to learn to express their feelings in ways that do not hurt themselves or others
- Everyone feels anger, frustration, fear, jealousy, sadness, excitement and happiness and it is important to learn to express and talk about feelings
- Talking about emotions and role-modeling for your child will help your child to develop social and emotional skills

When you hug your child, you are building connections in their brain that help them learn trust and security.



Emotions are for everyone

The language you use with your child is very important; without even realizing it, you might talk to or react differently to girls than you would to boys when it comes to addressing their sensitive emotions.

It is important to nurture and express the **same love and affection for children regardless of their gender**.

You are your child's first teacher, and it is important for you to show them how to share their feelings and emotions to help them feel safe. This helps children to understand their feelings and the feelings of others.

Encourage your child to explore their interests – rather than discouraging them from interests or activities based on their gender (e.g. playing with dolls vs playing with trucks).

Know that **showing sensitive emotions such as fear or crying is not a weakness**. When we encourage children to express sensitive feelings, regardless of gender, we are teaching them how to cope with those feelings in healthy ways.

Staying calm together

Young children cannot self-soothe so they borrow your calm until they can learn to calm themselves. Caregivers help children manage emotions by providing responsive support.

Ways to help your child calm down:

- Take slow, deep breaths while holding your baby close
- Use a gentle voice and slow movements when they need to be comforted
- Gently copy their facial expressions and sounds to help them feel seen and connected



Healthy routines

Establishing routines

Young children tell time by routines, not by the clock.

- Make routines for the day so your child will get used to doing things at certain times. Try to keep their routine as consistent as possible.
- Sleep routines are an important part of having a healthy routine. Find a nap and bedtime routine that works for your child, including having regular nap, bedtime and wake-up times.

Screen time

Children learn from face-to-face interactions with their parents and caregivers – your reactions guide their reactions and teach them. These responsive back-and-forth interactions (like a game of tennis) build their understanding of how the world works.

Screen time does not allow for this learning experience...when a child laughs at a funny moment, the screen will not laugh back with them. This is why screen time is not recommended in the early learning years from birth to two years. Instead, focus on quality time spent with a parent or caregiver.

Screen time tips:

When young children do use screens, make it a shared activity - watch with them and talk about what you're seeing

- Choose educational, age-appropriate and interactive content
- Pay attention to messages about gender, body image, violence, diversity, and social issues, and limit exposure to advertising
- Make sure you are familiar with the content your child is watching
- Turn off devices at mealtimes and when doing things together as a family
- Turn off screens when not in use
- Avoid using screens for at least 1 hour before bedtime

- Be a role model by limiting your own screen time – when adults spend too much time using screens, children may act out to get attention



Physical activity and screen time by age

It is good to provide a variety of activities, both indoor and outdoor, that allow for children to play and move. Supporting children to be active in the early years, with a daily balance between moving and rest, encourages healthy growth and development. Being active helps children to deal with stress and be more in control of their emotions.



0-12 MONTHS

- Participate in physical activity several times a day, such as floor play (30 minutes of tummy time for babies not yet crawling/walking)
- No screen time is recommended

1-2 YEARS

- Participate in at least 3 hours of physical activity throughout the day
- Under the age of 2: screen time is not recommended
- Over the age of 2: screen time should be no more than 1 hour a day, but less is better



3-4 YEARS

- Participate in at least 3 hours of physical activity throughout the day and aim for an hour of that to be energetic play (e.g. running, jumping)
- Screen time should be no more than 1 hour a day, but less is better

5 YEARS

- Participate in at least 60 minutes of energetic play a day
- Limit sitting for long periods throughout the day
- No more than 2 hours per day of recreational screen time



Tips for all ages

- Activities that keep your child in a seat (e.g. high chair, stroller), should be limited to 1 hour at a time
- When sitting, doing interactive things like reading with a parent or caregiver is best

Social and emotional development: Tips by age

2 Months

What to expect

- Fusses or cries to tell you they need something
- Settles when comforted
- Recognizes and calms to familiar voices
- Starts smiling, smiles to show pleasure
- Looks at faces and prefers familiar faces

Ways to connect

- Hold and cuddle your child
- Look at your child's face and smile; babies can read your cues too – they love to be with you and see your happy face
- Talk or sing gently; copy their sounds
- Get to know your child – as you feed, bathe and dress your child notice if they like to be handled firmly or lightly
- Respond quickly to your child's needs – read their cues and give them what they need to be content
- Responding when your child is upset lets them know you will be there for them, and makes their world more predictable and reliable

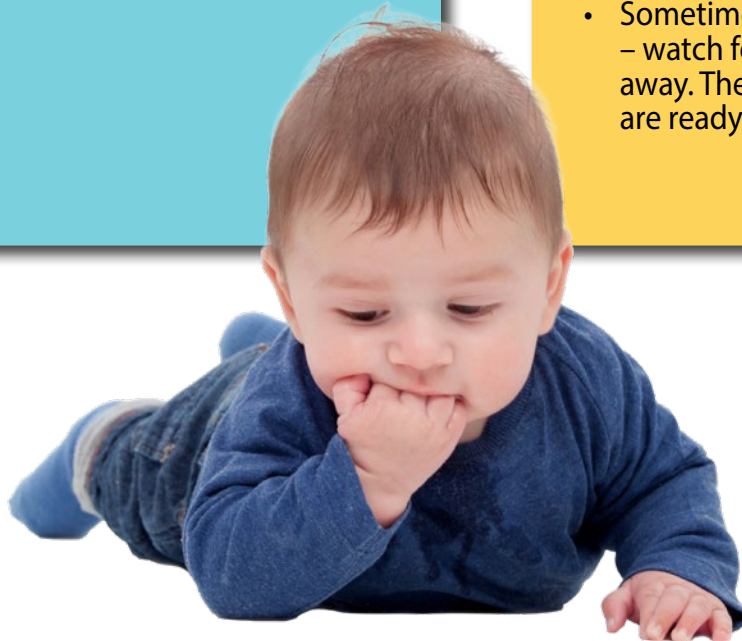
4 Months

What to expect

- Prefers people over toys; they respond to you by making sounds and moving arms and legs
- Smiles at people; they copy your facial expressions, laughing and smiling in response to your laughs and smiles
- Begins to self soothe
- Likes the sound of your voice - talk, sing, and play with them

Ways to connect

- Hold your child close, sing to them, rock them, hold them, make eye contact with them and talk to them – this is how your child gets to know you and feels safe
- Talk to them about what you are doing
- Read to them, and talk about the pictures in the book
- Your child's cries are a way of expressing their feelings – try not to get frustrated, even if it can be overwhelming. Try different things (diaper change, feeding, burping, snuggling) until you find something that works
- Sometimes they will need a break too – watch for cues like your child looking away. They will let you know when they are ready to interact with you again!



Social and emotional development: Tips by age

6 Months

What to expect

- Starts settling themselves back to sleep, but still needs you to comfort them
- Shows emotions with their face, body, voice, and actions
- Vocalizes pleasure or displeasure (e.g. squeal of excitement, grunt in anger)
- Forms attachment to their main caregiver
- Enjoys playing with others
- Copies your sounds, laughs, and likes to be copied
- Begins to know who a stranger is; are wary of strangers at approximately 6-8 months

Ways to connect

- Play in front of a mirror with them
- Keep talking, singing, and reading to them – they will love to hear the same songs and stories over and over again
- Play games like peek-a-boo
- Make funny faces at each other
- Offer comfort by rocking them, holding them close, and speaking or singing in a soft voice – remember that you can't spoil a child with attention

9 Months

What to expect

- Likes to stay close to you
- Enjoys being around people but shows fear or anxiety around people and situations that didn't bother them before
- Seeks comfort from you when upset
- Imitates facial expressions

Ways to connect

- Draw their attention to interesting sounds and name them
- Introduce them to new places, things, and toys
- Follow their lead and learn what they enjoy doing
- Name what they're reaching for and say "Do you want the block?"
- Acknowledge their likes and dislikes
- Comfort them when they are upset and start to name those feelings for them
- Hug and cuddle them often, and let them know how wonderful they are
- Holding your child, singing to them, and having quiet time together helps them feel secure – they will often prefer to be held by people they know well



Social and emotional development: Tips by age

12 Months

What to expect

- Shows many emotions such as affection, anger, joy, or fear and seeks comfort when upset
- Starts to read people's emotions
- Takes turns making sounds with you
- Tantrums may begin. Starts to test limits to actions and behaviours

Ways to connect

- Sing songs like "happy and you know it" and copy the actions
- Keep your daily routines and responses to your child consistent – this will let your child know what is expected of them
- Comfort your child when they are upset – hold them close and hug them so they feel secure
- When they become overwhelmed give them words to describe their feelings and emotions – this will help them understand

15 Months

What to expect

- Has a favourite toy/blanket for comfort
- Has mood swings and tantrums
- Resists limits; begins to say "NO"
- Develops a fear of strange objects and events
- Likes to watch and be with other children
- Not yet able to share
- Looks at you to see how to react (e.g. when falling, or stranger enters the room)

Ways to connect

- Continue to develop a daily routine (meals, naps, bedtime) to build security, this helps your child feel safe and secure – they may need you to reassure them that you're nearby
- Play games and take turns by saying "my turn" and "your turn"
- Get on your child's level to copy their actions, and follow their lead
- Give a hug and comfort your child as well as your child's dolls or stuffed animals to show them how to be caring
- Act out role play - pretend to be a dog, and your child can pretend to be a cat
- Help them to express their feelings, such as anger or frustration in appropriate ways, as they don't have the words yet



Social and emotional development: Tips by age

18 Months

What to expect

- Shows affection to people, pets, or toys
- Has more fears and anxieties
- Gets frustrated easily when they are not able to do things
- Finds comfort in routine
- Experiences strong ownership so finds it hard to share and likes to keep toys to themselves

Ways to connect

- Follow routines and set limits, praise good behaviour
- Your child may cry when you leave them with others, but give them a hug and let them know that you will be back
- Give them words to name their feelings and emotions "Do you feel sad because Mama is leaving? I am going to the store and then coming right back for a hug"
- When they seek your attention join in the play
- Help them to notice familiar sounds, such as birds chirping, dogs barking, trains passing by - imitate the noise and see if they will imitate you
- Play "hide-and-seek" with your child, or sing and help them do the actions for songs like "itsy bitsy spider"

2 Years

What to expect

- Likes to test limits
- Finds it hard to stop doing activities they're enjoying
- Starts pretend play with others
- May say "mine" and not share easily
- Has poor impulse control
- Likes to please others
- Asks for help using words
- Learning to make decisions

Ways to connect

- Help your child cope with their feelings. Give them words to name their feelings. When you see them cry, tell them they look sad; and when they smile, tell them they look happy
- Your child may have tantrums when they feel angry or upset. Be patient and calm. Teach them ways to cope like hugging a teddy bear or coming to you for help
 - Continue to help with turn taking and sharing
 - Offer 2 or 3 choices when you can to give your child a sense of control and help with decision making skills. "Do you want to wear the green mittens or the red mittens?"



Social and emotional development: Tips by age

3 Years

What to expect

- Likes to greet friends and family
- Shows affection with words and actions
- Co-operates with parents' requests half of the time
- Shares some of the time and likes to play with others
- Starts to understand others' emotions and their own emotions better and how to cope
- Fear of the dark and nightmares are common at this age

Ways to connect

- Join in pretend play and come up with new story ideas for imaginary play – pretend to go camping or grocery shopping
- When your child begins to interact with others more independently, they may still need your help to take turns and share
- Your child benefits from playing with other children their age – try a play group at your local library or child centre groups
- Give consistent responses to behaviour so your child knows what you expect from them – this will help them learn what they can or cannot do, and helps them feel safe and secure
- Your child can tell you how someone else feels by looking at their face and listening to their voice – help them notice this by naming emotions
- They may have new fears about things that didn't bother them before - help them use words to express their fears
- Read stories that show how to cope with fears- comfort toys or blankets can also be calming to your child
- Encourage your child when they want to do things on their own –and remember, it's ok if they make mistakes or do things differently
- Use positive words such as "keep on trying!", "good job!" or "way to go!"



Social and emotional development: Tips by age

4 Years

What to expect

- Tries to comfort people when they are upset
- Likes being hugged, listened, and talked with
- Able to do more for themselves and by themselves
- Plays near and talks to other children while continuing their own play
- Likes to talk - speaks in sentences and ask lots of questions
- Looks for adult approval
- Is able to follow directions and routines

Ways to connect

- Avoid the urge to try and fix things quickly when your child is upset – allow them time to problem solve
- When they are crying, avoid telling them to “stop crying”. If you remain calm this allows them to become calm as well
- Hold and cuddle them after being apart – this helps them to feel connected
- Be consistent with rules – this will help them learn what is expected of them
- Talk to your child about what makes them feel better when they are upset – this can help them manage tantrums
- Read books about emotions and talk to your child about those emotions – “can you think of a time when you’ve been happy or sad?”
- Help your child learn about emotions and coping strategies by demonstrating them yourself
- Tell them that you like their help. Praise them for what they do even if it is not perfect. This will build their self-esteem
- Praise them for sharing and taking turns during everyday routines
- Give them words to describe themselves in a positive way like “You did it all by yourself”, or “You worked really hard on that”
- Smile, hug, kiss and comfort your child - let them know that you love them no matter what
- Your child needs the opportunity to play with others their age on a regular basis - either in school, at a local library or at child centre groups



Social and emotional development: Tips by age

5 Years

What to expect

- Has a better sense of right and wrong
- Begins to talk to themselves out loud to become calm
- May not like to be corrected
- Easily upset by things that are “not fair” or “not right”
- Plays well in groups
- Enjoys games with rules
- Plays make-believe with others
- Shares willingly with others
- Becomes more competitive
- Co-operates with parent requests most of the time
- Usually separates easily from you



Social and emotional development: Tips by age

5 Years

Ways to connect

- Give them simple jobs to do – this makes them feel special
- Continue to give choices when possible so they feel that they have control over their actions
- Give props to encourage more imaginative pretend play (e.g., grocery store, doctor's visit) – this can help build problem solving, decision making, and communication
- Engage in active play with your child when you can - run, jump, and play on the floor or take them outdoors where they can move more
- Give support when they want to try new things - they will learn that trying new things is okay
- New experiences can bring on different emotions – especially when starting something new, like school. They may need additional support during these times
- Talk about their feelings and come up with some ways that might help them cope. Be patient and supportive, your child needs time to adjust to their new routine
- Notice your child's positive behaviours more than their negative behaviours
- When your child is doing something well, praise them. They will learn to be proud of what they can do
- Engage in activities your child chooses - this shows your child that you appreciate their ideas
- Play a board game with your child – this helps them learn about taking turns and rules...but don't always let your child win, it's okay to lose too
- Help your child express feelings like anger or frustration in a safe way (e.g., teach them how to calm down by counting down or breathing, and talk about their feelings)
- Hug, kiss and comfort your child – especially in times of emotional distress



When to ask for support

Parenting is full of changes and challenges.

Reach out for help if...

- Your child cries for long periods of time or is hard to console
- Feeding or sleeping feels overwhelming
- You have problems handling your child's behaviour
- Your emotions feel heavy or hard to manage

Talking with a public health nurse, healthcare provider, community elder, or parenting support group can make a big difference.

Resources

Durham Health Connection Line 1-800-841-2729 | 905-668-2020 or Dial 311 (within regional limits)

Parenting Your Child and Positive Parenting
durham.ca/positiveparenting

Communication (Infant and Child Development: An early start to a bright future)
durham.ca/infantdevelopment

Centre for Healthy Screen Use at the Canadian Paediatric Society
[Canadian Pediatric Society - healthyscreenuse.cps.ca/](https://healthyscreenuse.cps.ca/)

Make Your Whole Day Matter. Move More.
[Canadian 24 Hour Movement Guidelines - csepguidelines.ca/](https://csepguidelines.ca/)

Sick Kids Infant and Early Mental Health Promotion
[Resource Library - iemhp.ca/resources](https://iemhp.ca/resources)

Learn 2026: Advancing Early Childhood Development
[Zero to Three - zerotothree.org/](https://zerotothree.org/)

Check out resources in your community such as:

Local Libraries

EarlyON Child and Family Centres

Parks and Recreation



HEALTH
DEPARTMENT

Aug 2026

Durham Health Connection Line
905-668-2020 or 1-800-841-2729
Dial 311 (within regional limits)
durham.ca/positiveparenting



If you require this information in an accessible format, contact 905-668-2020 or 1-800-841-2729