

# Infant and Toddler Mental Health



Have you ever wondered what infant mental health is and how it impacts development?

Need ideas and support in developing strategies to address challenging behaviors?

Are you looking for creative ways to support infants and toddlers in expressing and regulating their emotions?

Infant and Toddler Mental Health (ITMH) Consultants support excellence in early care through promotion, prevention and intervention strategies designed to foster social emotional development and help prevent challenging behaviors. Services are free to child care providers and families of infants and toddlers enrolled in child care in family day homes or in centers.

For more information, please contact the Infant and Toddler Mental Health (ITMH) Consultant in your region:

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