



Quick Tips for Families

If your program has a Mental Health Advisory Committee become involved as the parent representative. Network with the mental health agencies and representatives in your community. Share what you have learned with other parents.

Consider your beliefs about mental health, share them with family members, and encourage them to share their beliefs with you. Together, think about how shared family values influence beliefs about mental health within your family context.

Work with your infant/toddler teacher, home visitor or family child care provider to understand how to support a mentally healthy atmosphere in your home.

