How can adults nurture children's emotional development and mental health?

- Surround children with nurturing relationships.
- Be happy—smile and laugh.
- Create a trusting environment.
- Provide stable and consistent caregivers at home and in child care.
- Understand and respond to children's cues.
- Spend unhurried time together.



- · Comfort and reassure children when they are scared, angry, or hurt.
- Develop daily routines to promote babies' feelings of security and to help them learn what you expect.
- Learn developmental stages and have appropriate expectations.
- Model good relationships and healthy ways to manage conflict.
- · Consider how whatever you're doing or going through may affect your child.
- Identify early signs of social/emotional problems.