

# Why?

Infants and young children develop emotional regulation and learn essential social skills over time when they have plenty of support from the adults in their lives. As Early Care and Education professionals, you play a vital role in the development of the children in your care.

In the same way that you nurture children's physical health — with healthy food, plenty of rest and exercise — you also take care of their mental health by supporting their social and emotional development.



Your partner in infant & early childhood mental health consultation

Healthy Minds Healthy Children (HMHC) can help you support social and emotional development and address behaviors that can feel challenging for adults.

Our consultants have deep expertise in early childhood, social and emotional development and mental health. Consultants work directly with early childhood professionals and caregivers to support them in overseeing the well-being of the children in their care.

All children benefit from early social-emotional and mental health promotion and when everything is fine, your work is fulfilling. But when you're feeling overwhelmed by the demands of caregiving, HMHC Consultants hold and support you so that you are able to bring your best self for children and families

HMHC Consultants are licensed clinicians with expertise in infant and early childhood mental health.



Healthy Minds Healthy Children consultation program is available at **no cost** to early care and education professionals who are caring for children from birth up to age five.

**To learn more visit**  
[www.HealthyMindsWI.org](http://www.HealthyMindsWI.org)

