Signs and Symptoms of Emotional Concerns in Young Children:

**Infant (0-1 year old)**
- Rarely cries
- Little interest in people or toys
- Hard to calm or soothe
- Does not make eye contact
- Does not gain weight

**Toddler (1-3 years old)**
- Does not go to familiar adults for help or comfort
- Does not like being touched or held
- Does not play well with others
- Extremely fearful
- Does not show different emotions
- Unable to calm self (self-soothe) with caregiver support

**Preschooler (3-5 years old)**
- Does not play well with others
- Has trouble making friends
- Loss of skills (regression) that toddler could previously perform (like toileting, talking, playing)
- Destructive to self and or others
- Withdrawn, sad, fearful
- Unable to calm self (self-soothe)

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**Where Can I Get Support?**

Talk to your Child’s Doctor/Pediatrician

To find an Infant Early Childhood Behavioral Health provider in your local area, visit www.odmhsas.org

Call 211 to locate an Oklahoma State Department of Health (OSDH) Child Guidance Office in your local area

If concerned about your child’s development and to see if your child qualifies for home-based services, contact SoonerStart at (405) 271-8333

Contact the Oklahoma Family Network to connect with other parents and caregivers by calling your local area 405-271-5072 or 877-871-5072

For Parenting Tips and Resources, visit www.parentpro.org

**Need Help?**

Call the crisis stabilization line for urgent connection & support: 1-833-885-CARE

Crisis Text Line:
Text HOME to 741741

to communicate with a trained crisis counselor 24/7

#relationshipsmatter
Relationships Matter.

Having a good relationship with your baby helps your child develop good mental health. When your baby has good mental health, they can develop the skills to:

- Form close and secure relationships
- Experience, regulate and express emotions
- Explore their environment and learn

*(Zero to Three)*

Your attention and touch is better than any toy you can buy. When you respond to your baby’s cries in a safe and nurturing way, you are bonding and building trust with your baby.

Some people think you can spoil your baby, but science tells us this isn’t true. When a baby feels loved and secure, he or she has the best chance to learn new skills and develop healthy relationships.

Surroundings Matter.

Doing what you can to provide a loving and stable environment for your baby gives them the best chance for being a healthy adult. The great news is it doesn’t have to be perfect!

**Tips for Creating Nurturing Surroundings**

- Create routines with your baby that happen around the same time each day (i.e. meal time, nap time, play time, bath time, story time).
- When you can’t be with your baby, leaving them with a consistent, caring, trusted adult will help your baby feel secure and safe while you are away.
- When you have a calm response to your baby’s strong emotions, it can help teach your child to self-soothe and express their emotions in a healthy way.

Connections Matter.

Look for small ways to build moments of connection with your child throughout your day. You can build these times into your normal routines.

**Tips for Creating Connections**

- Sing silly songs and read books to your child
- Talk with your child about what you are doing together
- Count your baby’s toes when changing a diaper
- Hug and cuddle before bed
- Brush your teeth together
- Have a dance party
- Play simple games
- Turn off distractions during meal times
- Explore your surroundings with your baby (babies are naturally curious)
- Make a silly face and watch your baby’s reaction
- Comfort your child when they are scared, angry, or hurt