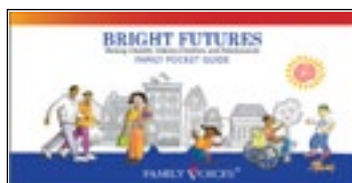


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MENTAL HEALTH



The information in this issue is taken from the new Bright Futures Family Pocket Guide, developed by Family Voices IMPACT. To order a copy, go to: <http://bit.ly/BrightFutures-FamilyPocketGuideorders>

With an Improving Understanding of MCH grant, Family Voices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health. www.familyvoices.org and www.brightfuturesforfamilies.org. This digest is funded by the U.S. Department of Health and Human Services—Health Resources and Services Administration—Maternal and Child Health Bureau, Division of Child, Adolescent, and Family Health UCMC21535.

FAMILY VOICES®

3701 San Mateo Blvd. NE, Ste. 103
Albuquerque, NM 87110
Toll-Free 888-835-5669

Promoting Self-Worth and a Sense of Joy

Health includes both physical and mental well-being. Families, friends, health providers, teachers, coaches, and others can contribute to a child's self-worth, self-confidence, and sense of joy. Learn about children's emotional and social development so you will know what to expect, when to be concerned, and where to find resources.

INFANTS: The Importance of a Loving Touch



Your baby needs lots of love. He'll get to know you as the source of food, comfort, and affection. This helps build a strong, healthy, lifelong bond. It sets the tone for how he will

respond to other close relationships as he grows.

An infant cannot be "spoiled" by too much cuddling and rocking, or by talking and singing. Responding quickly to cries teaches your baby that her needs will be met.

MIDDLE CHILDHOOD (5-10 years): Help children learn to control their feelings and behavior.



This can be hard, so praise efforts at self-control. Model positive ways to deal with

disappointment or anger. Talk about times you've felt upset and ways to handle your feelings in healthy ways. Encourage compromise when possible.

RESOURCES:

- Search Institute's What Kids Need: www.search-institute.org/developmental-assets
- Bright Futures Developmental Tools for Families and Providers: www.brightfutures.org/tools
- National Alliance on Mental Illness (NAMI): www.nami.org/
- Stop Bullying Now! www.stop-bullying.gov/
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Suicide Prevention Information: www.suicidepreventionlifeline.org/