Mental Health in Young Children

What does mental health look like in children from birth to age 5?

Mental health is a part of overall health for people of all ages, including young children. For children, it's about:

- How children think, feel, and behave
- How children feel about themselves and their lives
- How stress affects them
- How children are supported through and deal with the adverse events that may happen in their lives
- Their level of self-confidence and self-esteem

Supporting the mental health of young children is an essential aspect of health care, just as we support healthy bodies by ensuring children eat well, exercise, and get enough sleep.

-information from the Handle with Care program

How does the Child Development Centre help support children's mental health?

- **Play Therapy:** a method of therapy used with children that primarily involves play activities. Therapists and psychologists use child-centred play and directive activities to help children process experiences in a safe space and develop skills and coping strategies.
- **EMDR:** Eye Movement Desensitization Reprocessing (EMDR) therapy is an evidence-based therapeutic method used by the trained psychologist to help children resolve emotional difficulties caused by disturbing, difficult or frightening experiences. These experiences can be both big or small.
- **Providing Information to Parents and Caregivers:** on how they can support their children's mental health through building their feelings vocabulary, using positive behavior guidance, and modelling co-regulation and coping strategies.
- **Handle with Care:** sessions of this program are offered several times each year. Handle with Care is a set of interactive strategies to help parents and caregivers to promote the mental health of young children from birth to 6 years.

How can you access our services?

We provide services to children from birth to kindergarten. If you are a parent or guardian of a child within this age range, you can refer them to the Child Development Centre. Referrals can also be made by extended family members or health professionals.

You can fill out our referral form online at www.cdcyukon.ca/referral or call our main number at (867) 456-8182.

The Child Development Centre is non-government, and all of our services are free and confidential.

Child Development Centre

"Together, we can reach the stars"