



Mental Health

Takeaways

- Reflect on how your childhood experiences may impact your thoughts and behavior as a parent
- Recognize that children's behavior is a form of communication - be curious
- Emotions are important and when ignored, they tend to intensify
- Practice good health habits - they impact mental health
- Attachment = seen, safe, soothed, and secure; Practice self-regulation and co-regulation and apply steps to build positive relationships

