

# Early Educators Forum Mental Health in the Little Years



## Tuesday 4<sup>th</sup> March 2014

As an early childhood director, you are invited to a free, catered education event regarding the importance of mental health in the pre-school years. In the first few years of life, babies and toddlers grow and change very quickly. As they grow, their feelings and relationships become more complex. Little ones need parents and other important people in their lives to help them manage their feelings.

For example, a baby who is scared, angry, or hurt needs help from an adult to understand their experience and calm down. Parents naturally help their infants to relax by holding them, speaking softly, reassuring them or gently rocking them. Babies and toddlers are reliant on their parents or carers to make sense of these emotions as they are still learning about their inner feelings.

There may be instances where a parent or carer is not consistently available to help their child with their feelings. This can occur as a result of parents experiencing their own stress: such as mental or physical illness, coping with a separation, managing other children's illnesses or coping with memories from their own childhood. This can result in pre-schoolers experiencing a range of emotional and behavioural difficulties.

Early intervention between caregivers and their children in a positive, supportive environment can help little ones catch up and learn about their inner feelings and outer world. As an early childhood director, you are in an ideal position to identify children who may be at risk of early mental health difficulties. If you would like to learn more about mental health in the little years by attending this event please contact Kristy Stewart on 4924 9700 to RSVP.

### VENUE AND TIME:

CQML Clinic Training Room  
155A Alma St  
Rockhampton, QLD 4700

10:00-12:00

This event is free to attend.

However if participants cancel or fail to attend without giving 24 hours notice, a \$10 non attendance fee will be charged to cover the cost catering.

### CONTACTS:

Kristy Stewart  
Little Minds Coordinator, CQ Medicare Local  
P: 4924 9700 | F: 4921 7751

Please e-mail [kstewart@cqmedicarelocal.com](mailto:kstewart@cqmedicarelocal.com) to RSVP by the 25/02/2014 for catering purposes

