



## **FOCUS Packet**

### ***Mental Health Matters***

**Mental Health America: Children's Mental Health Matters**

[http://www.mentalhealthamerica.net/sites/default/files/BACK\\_TO\\_SCHOOL%202014\\_Childrens\\_Mental\\_Health\\_Matters\\_Smaller.pdf](http://www.mentalhealthamerica.net/sites/default/files/BACK_TO_SCHOOL%202014_Childrens_Mental_Health_Matters_Smaller.pdf)

**Harvard University: Early Childhood Mental Health**

<http://developingchild.harvard.edu/wp-content/uploads/2015/05/InBrief-Early-Childhood-Mental-Health-1.pdf>

**Vanderbilt University: Infant Mental Health and Early Care and Education Providers**

[http://csefel.vanderbilt.edu/documents/rs\\_infant\\_mental\\_health.pdf](http://csefel.vanderbilt.edu/documents/rs_infant_mental_health.pdf)

**Zero to Three: Tips for Promoting Social-Emotional Development**

<https://www.zerotothree.org/resources/225-tips-for-promoting-social-emotional-development>

**Vanderbilt University: Teaching Your Child to Identify and Express Emotions**

[http://csefel.vanderbilt.edu/documents/teaching\\_emotions.pdf](http://csefel.vanderbilt.edu/documents/teaching_emotions.pdf)

**Georgetown University: Social Emotional Tips for Families with Infants**

[http://www.ecmhc.org/documents/CEMHC\\_Tips\\_Infants\\_Parents\\_2.pdf](http://www.ecmhc.org/documents/CEMHC_Tips_Infants_Parents_2.pdf)

**Georgetown University: Social Emotional Tips for Families with Toddlers**

[http://www.ecmhc.org/documents/CEMHC\\_Tips\\_Toddlers\\_Parents.pdf](http://www.ecmhc.org/documents/CEMHC_Tips_Toddlers_Parents.pdf)