

Coos Health & Wellness

Together, Inspiring Healthier Communities



PUBLIC HEALTH WEEK – PSA #2 Early childhood interventions

Trauma:

Do you know what happens when you help your child follow a daily routine? She learns to cope with stressful events. Children's basic needs remain the same, especially during times of crisis. Regular mealtime and bedtime routines help reassure your child and allow her to predict what comes next. What happens when you help your child follow a daily routine? You help her brain grow!

This parenting moment brought to you by Coos Health and Wellness Home Visiting where we take your health to heart. For more information, call 541.751.2439.

Temperament:

Do you know what happens when you learn to read and respond to your child's cues? Children learn to control their behavior! Every child has their own style of behavior, called temperament. It influences how they respond to people and situations. When you understand your child's temperament, you support their strengths and help them learn to control their behavior. What happens when you respond to your child's cues? You help their brain grow! This parenting moment brought to you by Coos Health and Wellness Home Visiting where we take your health to heart. For more information, call 541.751.2439.

Attachment:

All children want a deep and enduring connection with their parents. This relationship, called attachment, influences every aspect of your child's development.

It's important to remember that attachment is not something you do TO your child. It is the relationship you and your child create TOGETHER.

When a securely children are challenged with a difficult task, they will look to their parents for a solution. As they mature, they become more independent. Parents who are encouraging and supportive help their children separate easily, develop a sense of competence, and feel securely attached and able to explore their environments. Here's a parenting tip: Play games together so your child can practice taking turns and sharing.

This parenting moment brought to you by Coos Health and Wellness Home Visiting where we take your health to heart. For more information, call 541.751.2439.