



INFANT/TODDLER MENTAL HEALTH

Why Do Counseling with infants and toddlers?

What we know is that prevention is key. Studies have shown that it is much more difficult to wait until a child is of school age to address problems that could have been prevented earlier in

life. In infant/toddler mental health the relationship between the child and the parent is “the client”. What that means is that, through therapy, we would look at the dynamics in the relationship to better understand challenges being presented. For example, if a parent is depressed or anxious (as in postpartum depression, having lost a previous child etc.), it could truly impact the way the parent and child relate. Another example, might be how the parent perceives the way their child is behaving (e.g. “he isn’t smiling, do he isn’t happy around me) and how this perception might impact the bond between parent and child. Through our work together, we can observe the relationship and utilize the strengths that already exist to address the concerns you present.