

Parenting Young Children Can Be Hard, but There are Resources That Can Help!

Why Getting Supports Early is Important and What Parents Can Expect

Parenting can be challenging. Nearly one in five children face emotional, behavioral, or self-regulation issues. Fortunately, therapists and other experts in behavior can help by providing insights into these behaviors and offering evidence-based strategies. Investing time and effort now can significantly impact your child's social and emotional well-being.

Where am I getting referred? Many behavioral health services for young children are part of agencies that also cater to adolescents and adults. When scheduling an appointment, keep in mind that the organization may provide services beyond what your child needs. We're here to help you find the right organization that meets your child's specific needs.

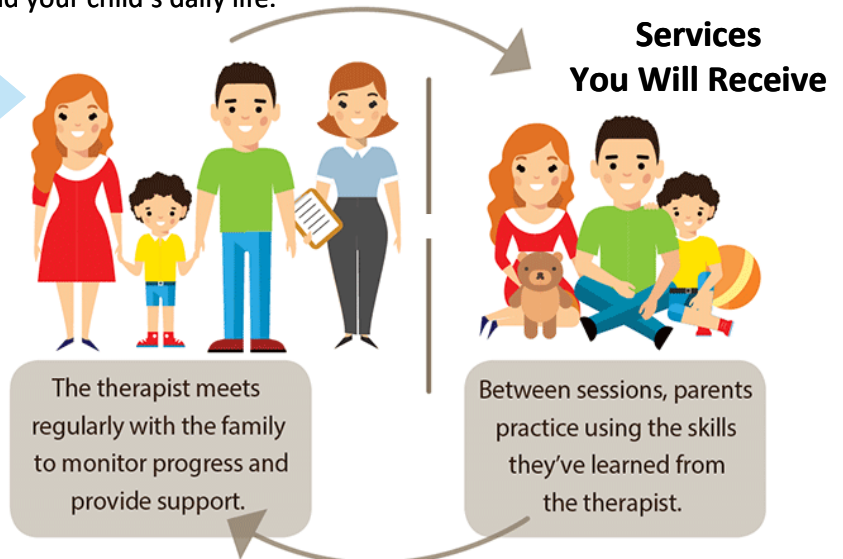
What can I expect these services to look like? Therapy and other services for young children birth through five often look like play time for the child. A therapist will spend time with you and your child to learn your relationship and any challenges you experience. They will help you learn strategies to strengthen the parent-child relationship, build new skills, and manage difficult behaviors. By working together, you'll gain the tools and confidence to support your child's development and apply what you've learned in you and your child's daily life.

Parents/Caregiver Next steps:

You need to contact the organization you were referred to and schedule an assessment. What you can expect:

- You will be asked a few questions about your child and health care insurance.
- They may ask you to fill out a number of forms about your child's behavior. Let your primary care provider know if you need help with these forms.
- The first session is usually a **1.5-2 hour** in-person assessment with you and your child.

If you run into any barriers, we are here for you! Please contact:



After the sessions end, families continue to experience improved behavior and reduced stress.

For more information about challenging behaviors and supports, go to:
<https://www.nimh.nih.gov/health/publications/children-and-mental-health/index.shtml>

What Parents will Learn



Parents will learn and model skills to teach their children how to better manage their emotions or behaviors, leading to improved functioning at childcare/day care (and in the future school), home and in relationships. Learning and practicing these new skills requires time and effort, but it has lasting benefits for the child.

Materials and graphics adapted from CDC Vital Signs parent education sheet: <https://www.cdc.gov/ncbddd/adhd/behavior-therapy.html>

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