

# SUPPORTING CHILDREN AND YOUTH

**Through Common Reactions to Distress**



## FOR INFANTS TO 2 YEAR OLDS

Infants sense your emotions, and react accordingly. If you are calm, your baby will feel secure. If you act anxious and overwhelmed, your baby may react with fussing, have trouble being soothed, eat or sleep irregularly or may act withdrawn.

What you can do:

- Try your best to act calm. Even if you are feeling stressed or anxious, talk to your baby in a soothing voice.
- Respond consistently to your baby's needs. The developmental task of this age is to trust caregivers so kids can develop a strong, healthy attachment.
- Continue nursing if you have been breastfeeding. It is important to continue nursing your baby to keep them healthy and connected with you. You need to stay healthy to breastfeed, so do your best to eat enough and drink water.
- Look into your baby's eyes. Smile at them. Touch them. Research shows that eye contact, touch and simply being in a parent's presence helps keep a baby's emotions balanced.

### INFORMATION ADAPTED FROM

Helping Children Cope After a Traumatic Event:

<https://childmind.org/guide/helping-children-cope-traumatic-event/>

**PLEASE VISIT HERE FOR MORE INFORMATION**