



Early Childhood Mental Health Fact Sheet (birth to 5 years old)

Healthy Development

INFANTS (0-3)

- Smiles socially
- Enjoys playing with caregivers
- Begins to show fear / anxiety with new people or situations
- Imitates emotions and play of others
- Prefers primary caregiver above all others
- Begins to show embarrassment

PRESCHOOL CHILDREN (4-5)

- Is increasingly independent
- Beginning to share
- Learning to problem solve
- Cooperates more with others
- Separates easily from caregivers

Possible Warning Signs

INFANTS (0-3)

- Not much emotion
- No interest in sights or sounds
- Doesn't like to be held / touched
- Hard to comfort
- Can't comfort self
- Sudden behavior changes

PRESCHOOL CHILDREN (4-5)

- Doesn't play
- Not talking
- Fighting with others frequently
- Displaying sad mood
- Experiencing mood swings

Resources

- Regional Early Childhood Mental Health Specialists
<http://mhmr.ky.gov/mhsas/Early%20Childhood%20MH.asp>
- Community Mental Health Centers www.mhmrky.gov
- Child Care Resource and Referral Agencies
<http://www.kentuckypartnership.org/ccrr/default.asp>
- Early Childhood Regional Training Centers
<http://www.education.ky.gov/KDE/Instructional+Resources/Preschool/Preschool+Regional+Training+Centers/default.htm>
- First Steps <http://chfs.ky.gov/dph/firststeps.htm>

Helping Kentucky's Families and Youth Thrive