

It Takes a Village

A Newsletter for Parents and Caregivers Raising Tiny Humans



Taking care of yourself
doesn't mean me first,
it means me too.
L.R. Knost



What is Infant & Toddler Mental Health Consultation (ITMHC)?

Infant & Toddler Mental Health Consultation (ITMHC) is an early intervention that benefits infants and toddlers, by pairing a mental health professional with an early childhood educator (provider) to improve children's social, emotional and behavioral health. The intended goals of this service are to reduce challenging behaviors, improve social-emotional skills, promote healthy relationships, decrease stress and burnout in early childhood educators (providers), improve the overall quality of the classroom/program... and more!

Questions, Concerns or Just Want to Chat...



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May is Mental Health Awareness Month. Are You Taking Care of You?

As parents and caregivers, we often put ourselves second, third and more often than not; last. It is so important that we take care of ourselves so that we can take care of our little ones. Self-care does not have to be expensive, extravagant or even take up a lot of time.

What are some examples of self-care?

Mental self-care is about cultivating a healthy mindset through mindfulness and curiosity.



Emotional self-care involves taking care of your heart with healthy coping strategies.



Physical self-care involves taking care of your body with exercise, nutrition and proper sleep.



Environmental self-care involves taking care of the spaces and places around you.



Spiritual self-care involves activities or practices that give a sense of meaning to your life.



Recreational self-care involves making time for hobbies, fun activities and new experiences.



Social self-care involves building relationships with regular connection and healthy boundaries.



May Self-Care



Watch a
Favorite
TV Show

Spend 15
Minutes
Outside

Cook Your
Favorite
Dinner

Text an
Old Friend

Journal

Go for a
Drive

Do Something
Silly with the
Kids

Sleep In

Make Your
Favorite
Breakfast

Take a
Warm Bath or
Shower

Go
Shopping

Feel
the
Sunshine

Try
Yoga

Put on
Your Favorite
Song & Dance

Bake
Something
(& Eat It!)

Make a List of
Your
Accomplishments

Make Art

Have a Social
Media
Zero Day

Dream & Set
Related Goals

Meditate

Play a Game

Have a
Movie Night

Watch the Sunrise
and/or the
Sunset

Take
Yourself
Out

Do Something
that Brings You
Joy

*Taking care of yourself is part of taking care of children.
By valuing ourselves, we are teaching children to also value
who they are and how they are.*

"How you are is as important as what you do" - Jeree Paul