

# Tell Congress Your Infant and Early Childhood Mental Health Story



**Mental health starts early, with babies learning to form relationships, experience, manage and express emotions, and build confidence to explore the environment and learn.**

**As Congress turns their attention to mental health, we want to be sure that they consider the experiences of young children and their families. Your expertise and stories are needed! Please select the applicable questions and prompts below to draft your Infant and Early Childhood Mental Health (IEMCH) story and then share it [directly with Congress](#).**

## **For families, follow the prompts below to tell your IECMH story:**

- Describe your family, including your baby or toddler.
- What led you to become interested in or concerned about your baby's social or emotional development, or IECMH?
- Did you seek help? How?
- What barriers did or do you face in finding appropriate services?
- What happened next?
- What do you want your Members of Congress to know about IECMH?

## **For professionals working in early childhood, follow the prompts below to tell your IECMH story:**

- Describe your work.
- How did you become interested in social and emotional development, or IECMH? (This is often a story about a family you worked with! Feel free to tell a story about a baby or family who inspired you, being sure to protect confidentiality.)
- What barriers do you face in supporting IECMH in your work?
- What do you want Members of Congress to know about IECMH?

## **For professionals working in mental health, follow the prompts below to tell your IECMH story:**

- Describe your work.
- How did you get interested in working with babies or families with babies? (This is often a story about a family you worked with! Feel free to tell a story about a baby or family who inspired you, being sure to protect confidentiality.)
- What barriers do you face in doing mental health work with babies and families?
- What do you want your Members of Congress to know about IECMH?