

Four Infant Mental Health Tips for Parents and Caregivers



Respond to Your Baby's Needs

Comfort your baby when they cry and pay attention to their signals. This helps them feel safe and builds trust.



Talk, Sing, and Play Together

Interact with your child through talking, singing, and playing. These activities boost brain development and strengthen your bond.



Create a Predictable Routine

Regular schedules for meals, naps, and playtime help your child feel secure and understand what to expect.



Give Lots of Love and Attention

Cuddles, smiles, and eye contact help your baby feel loved and support their emotional development.



**St. Clair County
Community Mental Health**
Providing Opportunities for Health, Wellness, & Connection

Information and Access to Services:

810-488-8888

24-Hour Crisis Line:

810-966-2575

www.scccmh.org |

St. Clair County Community Mental Health

3111 Electric Avenue
Port Huron, MI 48060
(810) 985-8900

St. Clair County Community Mental Health Child & Family Services

2415 24th Street
Port Huron, MI 48060
(810) 488-8840

St. Clair County Community Mental Health - South Adult Services

6221 King Road
Marine City, MI 48039
(810) 765-5010

St. Clair County Community Mental Health - South Child & Family Services

135 Broadway
Marine City, MI 48039
(810) 400-4200

St. Clair County Community Mental Health - West

14675 Downey Road
Capac, MI 48014
(810) 395-4343



Infant Mental Health



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About the Infant Mental Health Program

Infant Mental Health is a home-based program designed to support parents and their babies or toddlers (from pregnancy to age 3) in building strong, healthy relationships. It focuses on helping families who may be facing extra challenges, such as stress, mental health concerns, or worries about their child's social/emotional health. Infants and young children referred to these services have often experienced trauma or other factors impacting their social and emotional development. This program is offered through St. Clair County Community Mental Health for families who are eligible for Medicaid.

Services are provided in the home by Master of Social Work professionals with specialized training in infant mental health. These professionals visit weekly and work with both the caregiver and child together, focusing on strengthening parenting skills and supporting the child's emotional and social development. The treatment emphasizes helping caregivers provide consistent emotional and physical care, fostering a secure attachment between the child and their caregiver.

There are two levels of service available: home-based, which involves approximately two or more hours per week, and prevention services, which are less intensive. The ultimate goal is to help families build a strong foundation for their child's healthy development.

Building Strong Beginnings

Early childhood mental health, especially in the 0-3 age range, is essential for a child's healthy growth and development. The experiences and relationships formed during this important developmental period help children build important social skills, learn emotional regulation, and develop resilience to face challenges as they grow. This resilience, or the ability to "bounce back" from difficulties, reduces the risk of emotional, behavioral, social, and cognitive challenges later in life.

Early childhood mental health services focus on strengthening the bonds between young children and their parents or caregivers. These supportive relationships provide the foundation children need to thrive throughout childhood and beyond.



Learn More

To learn more about the Infant Mental Health program, contact Theresa McKay, Supervisor, SCCCMH Child and Family Services at (810) 488-8863.