

# EARLY RELATIONAL HEALTH



## Dear Parents and Caregivers,

Your baby is growing and changing every day! You may feel unsure or stressed sometimes. You might think you need special toys or activities to help your baby grow. There's a lot of information out there, and it can be confusing. But the truth is—**your love and your relationship with your baby are the most important things.** The **Early Connections team** is here to help you and your baby thrive.

## What is Early Relational Health?

Early relational health means your baby feels safe, loved, and close to you. These loving moments between you and your baby help them grow strong in their brain, emotions, and relationships. When children have strong relationships with their parents, it helps them now and in the future. It also helps you feel more confident as a parent.



## What can parents do?

**Bond with your baby.** You help your baby feel safe and loved when you give them:

- **Safety.** Help your baby feel calm and protected.
- **Stability.** Be there for your baby. Try to keep regular routines so your baby knows what to expect.
- **Nurturing.** Show love through hugs, kind words, and helping hands.
- **Joy.** Have fun with your baby! Smile, laugh, play, cuddle, and enjoy time with your baby. Find joy in everyday moments like feeding, bathing, or diaper changes.

Watch how your baby responds to you. This helps you learn what they like and how to help them grow.





## TIPS FOR PARENTS

### Everyday tips for strong connections

**Talk to your baby or toddler.** Tell your baby what you are doing. For example: *"I'm going to take off your wet diaper and put on a clean one, so you feel dry and comfy."*

**Use routines.** Try to do things like feedings, naps, and bedtime the same way each day. Routines help babies feel calm and safe.

**Create rituals.** Add special little traditions to everyday tasks. For example, sing a song during diaper changes or read a book before bed.

**Name and talk about feelings.** Help your child learn about their emotions. If your child is upset because their blocks fell, you can say: *"I see you're feeling frustrated because your blocks fell. Let's try again together."* This helps them feel seen and learn words for their feelings.

### When you feel stressed or overwhelmed

Being a parent is hard sometimes. You may feel tired, stressed, or alone. That's okay. **You are not alone, and it's okay to ask for help.** Talk to someone you trust—a family member, friend, or a professional. When you feel better, it's easier to care for your baby.



### STEIN TIKUN OLAM EARLY CONNECTIONS PROGRAM CHILDREN'S HOSPITAL LOS ANGELES

4650 Sunset Blvd., Los Angeles, CA 90027 • CHLA.org

### Where can I find online resources for more support?

Talk to your or your child's doctor if you need support. Here are more resources:



#### Early Relational Health – English

American Academy of Pediatrics  
[www.aap.org/en/patient-care/early-childhood/early-relational-health/](http://www.aap.org/en/patient-care/early-childhood/early-relational-health/)



#### The Paradigm Shift to Early Relational Health: A Network Movement – English

Zero to Three  
[www.zerotothree.org/resource/journal/the-paradigm-shift-to-early-relational-health-a-network-movement/](http://www.zerotothree.org/resource/journal/the-paradigm-shift-to-early-relational-health-a-network-movement/)



#### Recognizing and Overcoming Postpartum Depression – English

Children's Hospital Los Angeles  
[www.chla.org/blog/advice-experts/recognizing-and-overcoming-postpartum-depression](http://www.chla.org/blog/advice-experts/recognizing-and-overcoming-postpartum-depression)



#### Postpartum Support International

Postpartum Support International  
[postpartum.net](http://postpartum.net)  
+1 800-944-4473

### National Maternal Mental Health Hotline

Call or text +1 833-943-5746 or +1 833-TLC-MAMA