



# #BabiesBrainsMatter

## A Pledge To Support Infant Mental Health

*I am signing a pledge to highlight the importance of Infant Mental Health services because;*

- The needs of infants and toddlers differ from those of older children, in that infants and toddlers are totally dependent upon the availability of consistent and responsive care from an attuned, responsive adult.
- Infants have unique nonverbal ways of expressing themselves and their capacities to feel, to form close and secure relationships, and to explore the environment and learn – all of which require appropriate nurturing since they are fundamental for building a lifetime of mental and physical health.
- Multiple pressures including financial stress, mental health, housing instability, family violence and addiction can place parents under great stress. Baby and toddler development is impacted by stressful environments. Early intervention is critical to building resilience and preventing achievement gaps.
- The contacts that all parents have with services before and after the birth of their child provides a unique opportunity to identify families at risk. This includes Early Parenting Centres, GPs, Maternal and Child Health Services, Community Services and Childcare Services.
- I would like to add my voice to the international movement that calls on Government, industry and consumers to consider the distinct needs of babies and toddlers and to invest in services that support the first 1000 days (conception to age 2).

**Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Organisation:** \_\_\_\_\_

**Contact:** \_\_\_\_\_

Please send this form to [tweddle@tweddle.org.au](mailto:tweddle@tweddle.org.au) / fax (03) 9689 1922

Or to Tweddle 53 Adelaide Street. Footscray VIC 3011

