

Where Can I Go to Learn More About My Child's Development?

Newborn – 6 years old

- Why is my child not **self-soothing**?
- What strategies will help my child **sleep**?
- How can I encourage my child to **talk**?
- Why doesn't my child **make eye contact**?
- Why doesn't my child **hear me sometimes**?
- How can I help my child **focus**?



We Can Help

To access supports in Hastings Prince Edward County, scan the QR code or call **Children's Mental Health Services at 613-966-3100** or **Quinte Children's Treatment Centre (Smart Start Hub) at 613-969-7400 ext. 2247**.



cyphpe.com/family-friendly-docs



Children and Youth Planning Table
Hastings and Prince Edward



Infant and Early Mental
Health Promotion

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