## BREASONS GOOD INFANT MENTAL HEALTH MATTERS





We have a shared stake to make sure babies develop sturdy brain architecture, because this foundation supports a lifetime of learning and productive participation in society. A reliable caregiver who is responsive to a baby's needs is the base for secure attachment, which allows an infant to explore and learn.



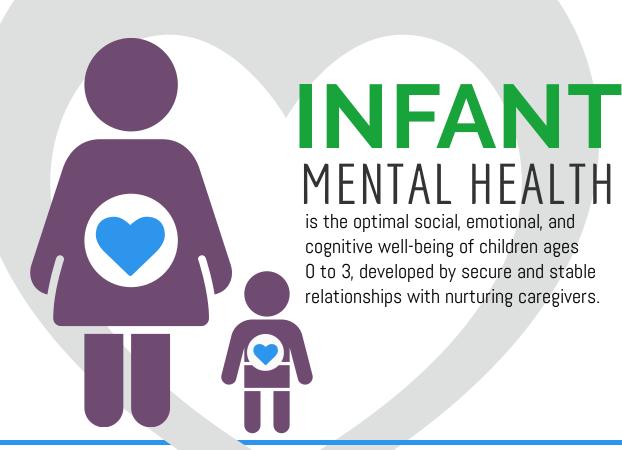


Toxic stress from broken caregiver-infant relationships can push a baby's stress hormones into overdrive. When constantly present, these hormones disrupt brain and physical development. And babies can't learn if their brains and bodies are working against them. The antidote to toxic stress? Affection and protection by a nurturing caregiver.





**Secure attachment** is a fundamental building block of social function. Children need relationships with sensitive caregivers to self-regulate, get along with others, solve problems, and be productive — the basis for civic and economic prosperity.





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MI-AIMH is a member of the

Alliance for the Advancement of Infant Mental Health