### 3 Reasons Good Infant Mental Health Matters

#### Brain Architecture

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.

#### Body & Health

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.

#### Behavior & Relationships

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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**Infant Mental Health**

is the optimal social, emotional, and cognitive well-being of children ages 0 to 3, developed by secure and stable relationships with nurturing caregivers.