







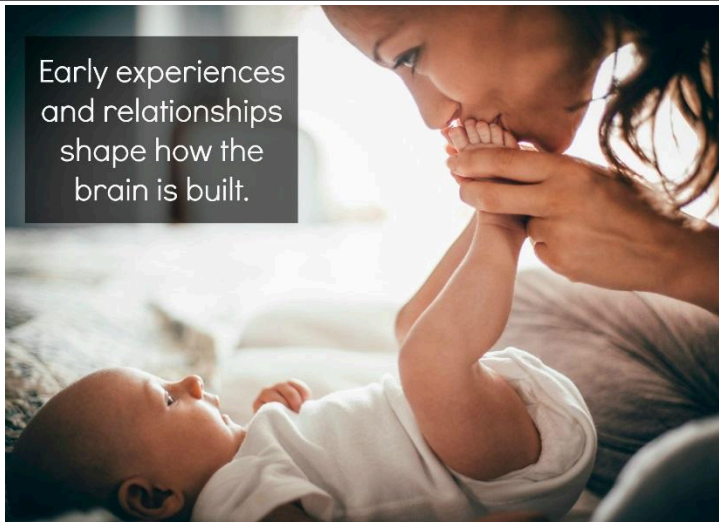
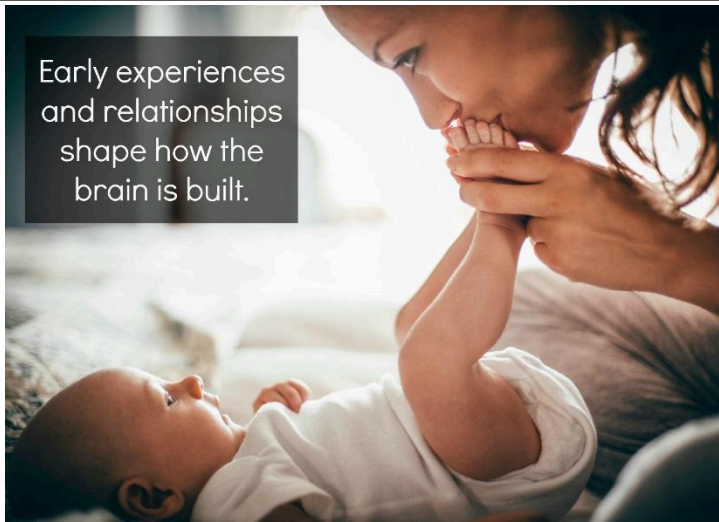
SOCIAL MEDIA CONTENT IDEAS

Social-emotional Development & Early Childhood Mental Health

Post these on your social media channels and/or share them with partners to post on their channels.

Topic / Suggested Posting Date	Facebook	Twitter
Resources for Parents and Caregivers [INSERT DATE]	<p>We all have a role in helping kids grow up healthy! For parents and caregivers, it starts by building loving, stable relationships with our children. When we make them feel safe, they are able to learn and explore the world around them.</p> <p>https://earlylearningco.org/</p>  <p>When children feel safe and loved, they can focus on learning.</p>	<p>We all have a role in helping kids grow up healthy! For parents and caregivers, it starts by building loving, stable relationships with kids. When we make them feel safe, they can learn and explore the world. #EarlyLearning #ECE #EarlyChildhood #EarlyEd</p> <p>https://earlylearningco.org/</p>

<p>Importance of Relationships</p> <p>[INSERT DATE]</p>		
<p>Brain Architecture Metaphor</p> <p>[INSERT DATE]</p>	<p>Early experiences and relationships shape how a child's brain is built. Providing a strong foundation with secure and loving relationships leads to better health, learning and prosperity in the future.</p> 	<p>Early experiences & relationships shape how a child's brain is built. A sturdy foundation leads to better health, learning and well-being in the future and throughout life. #EarlyLearning #ECE #EarlyChildhood #EarlyEd</p> 
<p>Importance of Relationships</p> <p>[INSERT DATE]</p>	<p>Children's earliest relationships with the adults around them impact their brain development. Positive, loving relationships are the foundation for a child's lifelong well-being!</p>	<p>Early relationships impact how babies' brains develop. Positive, loving relationships are the foundation for a child's lifelong well-being! #SocialEmotionalHealth #EarlyLearning #ECE #EarlyChildhood #EarlyEd</p>

		
Importance of Relationships [INSERT DATE]	 <p>Early experiences and relationships shape how the brain is built.</p>	 <p>Early experiences and relationships shape how the brain is built.</p>
Why it Matters to Us All [INSERT DATE]	No matter how we interact with young children — whether we're parents, grandparents, childcare providers, health care professionals, friends or neighbors — we all play an important role in giving children a strong start in life.	Whether we're a neighbor, a parent, provider or friend, or provider we all play an important role in giving children a strong start in life. #EarlyLearning #ECE #EarlyChildhood #EarlyEd



Protective
Factors –
Support for
Parents

[INSERT
DATE]

Parenting is hard work, and children don't come with instruction manuals. It's normal to have concerns about your child's development and behavior. There are resources in our community to help. Ask your child's doctor if you have concerns or need help or visit <https://www.cdc.gov/ncbddd/actearly/concerned.html>.



Parenting is hard and we all need help to raise healthy kids. If you have concerns talk to your child's doctor. #SocialEmotionalHealth #EarlyChildhood #Parenting **include a local community resource**



<p>Protective Factors – Support for Parents</p> <p>[INSERT DATE]</p>	 <p>Some problems are too big for us to solve on our own. Parenting is hard and all parents need support from time to time.</p>	 <p>Some problems are too big for us to solve on our own. Parenting is hard and all parents need support from time to time.</p>
<p>Importance of Relationships</p> <p>[INSERT DATE]</p>	 <p>When parents are role models for how to interact with others, children develop skills to have healthy relationships.</p>	 <p>When parents are role models for how to interact with others, children develop skills to have healthy relationships.</p>
<p>Importance of Mental Health</p> <p>[INSERT DATE]</p>	<p>Just as a child's body grows and changes early in life, their brains are also developing quickly. That's why supporting children's mental health is every bit as important as taking care of their physical health.</p>	<p>Just as a child's body grows and changes early in life, so too does their brain. Mental health is every bit as important as physical health. #MentalHealth #EarlyChildhood #Parenting #BrainDevelopment #SocialEmotionalHealth</p>



Protective
Factors –
Support for
Parents



[INSERT
DATE]

Some days are great, some days are not-so-great. All parents need help from friends, family and the community in order to raise happy, healthy kids. There are **local resources** to support you.



Parents need support from friends, family and the community to raise happy, healthy kids. There are **local resources** to support you. #ItTakesAVillage #EarlyChildhood #Parenting



<p>Social-emotional Skills</p> <p>[INSERT DATE]</p>	<p>Relationships with caring adults help children learn important social-emotional skills like how to control their emotions, care for others, make friends and follow directions.</p> 	<p>Caring relationships help kids learn social-emotional skills like controlling emotions, caring for others and making friends. #Parenting #EarlyChildhood</p> 
-----------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------