## 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.



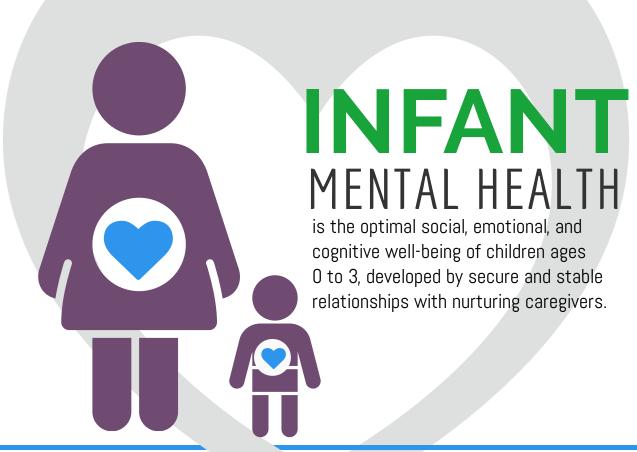


**Toxic stress** from broken caregiver-infant relationships can push a baby's stress hormones into overdrive. When constantly present, these hormones disrupt brain and physical development. And babies can't learn if their brains and bodies are working against them. **The antidote to toxic stress?** Affection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







RIAIMH is a member of the

Alliance for the Advancement of Infant Mental Health

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