



The Importance of Play for Infant Mental Health

~ Submitted by Margaret C. Holmberg, PhD, IMH-E®
President, Alliance for the Advancement of Infant Mental Health

Look at PLAY to find the meaning of infant mental health. Infant mental health is having meaningful relationships with caregivers, managing and expressing a wide range of emotions, and feeling safe to explore the environment, taking in all its learning opportunities. Play is the natural environment for infant and early childhood mental health to thrive as long as the caregivers (teachers, parents) insure: 1) every child has a trusting, caring, responsive and warm relationship with the adults, 2) those adults are sensitive to and knowledgeable about the emotional needs and development of young children, and 3) there is opportunity to manipulate, create, and move freely in a rich, organized and safe environment.

For more information about infant mental health please see:

www.ct-aimh.org

<http://www.allianceaimh.org>