Infant Mental Health Quiz

True or false statements (please circle)

1. Infants are too young to have mental health?	True/False
2. You can give babies too much attention?	True/False
3. Only parents and caregivers need to understand infant mental health?	True/False
4. If mental health concerns arise in infants, they are too young to treat?	True/False
5. If you leave a baby to cry, they'll soothe themselves	True/False

Quiz Answers

1. Infants are too young to have mental health?	**False** Infants do have a form of mental health because they experience lots of feelings and are learning ways to manage them. Infants have needs which present differently from older children and young people and often gets overlooked.
2. You can give babies too much attention?	**False** You can never give your baby too much attention. However, it's important that the attention you do give is tuned into their cues and signals. They sometimes feel stressed by too much stimulation and may want to turn away. Your attention is then a quiet soothing attention rather than a playful one
3. Only parents and caregivers need to understand infant mental health?	**False** Anyone working with or in contact with infants and young children should have an understanding of infant mental health.
4. If mental health concerns arise in infants, they are too young to treat?	**False** Early intervention in potential mental health concerns in infants can have a significant impact on preventing mental illness later in life.
5. If you leave a baby to cry, they'll soothe themselves	**False** While babies may stop crying after being left alone, this doesn't necessarily mean they've self-soothed, but rather that they've given up on getting a response. Responding to a baby's cries is crucial for their emotional development and building trust. Babies need parents and carers to respond to their cries. Babies are born ready to relate but not born to regulate. They need support from parents and carers to manage those feelings as their brains are not developed to manage their feelings on their own yet.