



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health

Giving children roots to
grow and wings to fly.

Early Relational Health Bulletin

August • 2025

Welcome to your Early Relational Health Bulletin

the Association's monthly snapshot of activities, updates, and information about the early relational health of Nevada's babies and young children

REAL TALK about SCREEN TIME

by Health Professionals for Safer Screens

Why this matters

In the first five years, your child's brain is growing faster than it ever will again. These years lay the foundation for how they think, move, talk, and build relationships, which are important for being ready for school.

You are not to blame

Phones and tablets are everywhere, and they are designed to grab attention. But did you know that too much screen time - for both parents and children - can make it harder for little ones to develop key skills they need to grow, learn, and connect?

Ideas to try

- Make time for screen free activities like playing out doors, taking walks, and reading
- Keep screens off at meal times and during the hour before bedtime
- Keep phones and tablets out of bedrooms

What does "Early Relational Health" mean?

At its core, early Relational Health is the moment to moment interactions between parents and caregivers with infants and toddlers - simple activities like holding, feeding diapering, singing, reading, playing, and just being together.

Science affirms that positive relational experiences promote healthy physical development and help avoid future health problems. The Harvard Graduate School of Education has a helpful [comprehensive guide](#)

NOW is a great time to BECOME A MEMBER

Do you look forward to receiving the ERH Bulletin every month? If so, become a [MEMBER](#) of the Nevada Association for Infant and Early Childhood Mental Health to access a full range of Membership Benefits including our full 5+ page Newsletters that expand the topics we mention here.

We created a [Google Drive folder](#) to highlight Membership Benefits and Why Infant Mental Health Matters. Check it out today and get in touch with us if you have any questions.

• **Nevada Association for Infant and Early
Childhood Mental Health•**

www.nvaiecmh.org

info@nvaiecmh.org

