

Learning how to take a deep breath can be a key mental health strategy to support emotional wellbeing for children and caregivers. Let's take a breath together!

Take a Deep Breath with CALi

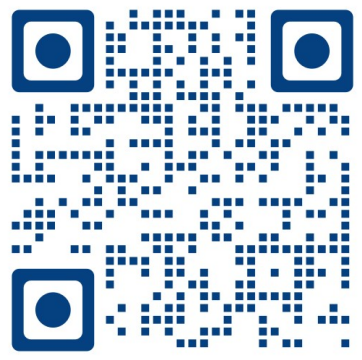
1. Smell the Flower



2. Blow out the Candle



Scan here to watch a video of CALi and friends taking a breath together.



**Children's
Mental
Health
Matters**



**Georgia Dept
of Early Care
and Learning**
BRIGHT FROM THE START



Other Resources to Support Children's Mental Health



Georgia's SEEDS for Success Helpline connects early childhood education professionals and families to resources to help them better understand the social, emotional, and behavioral needs of children and reduce challenging behaviors and incidents that lead to suspension and expulsion.

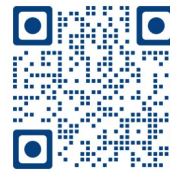
LEARN ABOUT SOCIAL-EMOTIONAL DEVELOPMENT

Find milestones checklists that help with understanding early development, give tips for supporting that development, and find resources to support families.

DEVELOPMENTAL MILESTONES



<https://development.dec.al.ga.gov/#/>



Findhelpga.org

FIND HELP IN YOUR COMMUNITY

Whether it's financial assistance, food pantries, medical care, child care, job training, and other free or reduced-cost services specific to your area, essential resources can be found here.