

# EARLY RELATIONAL HEALTH (ERH)



## BONDING

In healthy early relationships, adults and children become in sync with each other. This enables a trusting relationship to develop and a beautiful bond to form.

## BUILDS

Our earliest relationships form the foundation for processes that help us thrive in childhood and beyond. Relationships offer benefits when formed at any stage of development.

## BRAINS

The relationships babies have today are important for our shared future. Nurturing relationships with caregivers supports their well-being throughout their lives.

## UNDERSTANDING ERH AT A SYSTEMS LEVEL

All families have the capacity for safe, stable, nurturing relationships. To make early relational health a reality for all families, we must connect and support all levels of the system- families, communities, providers, and educators. Together, we can make sure every child has strong, caring relationships that build their well-being—and ours.

