**What do Kids Need?**

Children and adolescents have unique needs when we promote their mental wellness and prevent mental illness.  Children are not simply “little adults.”  Human development is marked by periods of rapid change, especially between birth and age six.  Children’s brains continue to grow and develop rapidly, and are affected by biological, social, and environmental factors – especially within the family system.  Early efforts to promote the healthy emotional and social development of children and their family members can have tremendous benefits for children in the long-term.  These benefits include school readiness, academic success, choosing healthy behaviors, positive peer/family relationships, and positive involvement in their community.

Sometimes children do not meet expected milestones in cognitive, social, and emotional development, and it can be helpful to seek supports and services for the child and family.  Effective help is available in Vermont’s system of care.