

# NORTHEAST COUNSELING

## Therapy For All Ages

### *Early Childhood Matters*

There is growing attention to the behavioral health needs of very young children, from infancy through preschool. Since development happens so rapidly at this time of life, even small problems left unattended can have a lasting impact. If treated early on, these problems can often be remedied with some simple shifts in how children and parents relate to one another. We've found addressing these needs early can help avoid larger problems at later ages. NorthEast Counseling's mental health therapists are committed to working collaboratively with you to bring positive change.

Examples of specific concerns:

#### Infants and Toddlers

- Fussy baby, excessive crying, difficult to soothe
- Sleeping or feeding difficulties
- Difficulty establishing routines
- Developmental concerns, including medical issues and hospitalization
- Stress or worry regarding the child or parenting

#### Preschool Children

- Difficulty with sleeping and eating routines
- Behavioral concerns including tantrums
- Concerns about mood, sensitivity, reactivity
- Separation distress
- Difficulties in childcare or preschool setting
- Parent-child relationship issues

We offer appointments during day & evening hours. We also accommodate appointments in home or childcare settings when indicated. Give us a call for a confidential consultation.

NEC accepts many types of health insurance including Medical Assistance, Medicare, MN Care, Blue Cross, Medica, Health Partners, Preferred One, U-Care, Select Care, Cigna and several EAP plans.

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