



#ECMHMatters  
[ecmhmmatters.org](http://ecmhmmatters.org)



The Early Childhood Mental Health program at BPHC @healthyboston joins with partners for Mental Health Awareness Month @MassAimh, @kidsMHmass, and @MassDMH for:

BOSTON  
PUBLIC  
HEALTH  
COMMISSION



# Bubbles for Babies!

**Step 1:** Make a 30 second video sharing: Why does early childhood mental health matter to you?

**Step 2:** If you have bubbles, and can safely blow them following [physical distancing guidelines](#), blow bubbles in your video. [DIY Bubble Recipe](#)

**Step 3:** Email your video to Lily Samuel at MSPCC [lsamuel@mspcc.org](mailto:lsamuel@mspcc.org) with subject line "Bubbles for Babies."

**Step 4:** Watch the videos clips on the [MassAIMH.org](http://MassAIMH.org) on May 21, 2020.