



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

EARLY CHILDHOOD MENTAL HEALTH SUPPORT THROUGH COVID-19 *Helping You And Your Children*

Caring for children is a demanding challenge – even on those good days. These times are strange and unpredictable. In general, most human beings thrive on routine. Disrupt routines or take them away completely and we feel a little lost. For our little human “beans” when their routines are disrupted, they may react – and often misbehave. When adults are under stress (as we are now), we tend to find it harder to focus; for children we need to remember their foundations of child care and school have been lost to them, so naturally they are disoriented and possibly a bit needy.

Unfortunately, there is no “How-To” manual handed out after birth; we have to learn a lot by trial and error and just when we think we have mastered certain developmental stages, they turn into teenagers. All of this becomes multiplied during times like we are living in now. Hopefully over the next month, we (ECMH Team) can lighten your loads with some helpful resources and insight. We want you to know we care and we are here for you.

Let me define stress: A physical, mental or emotional response to events that causes bodily or mental tensions. I don’t need to identify all the factors that can cause families higher levels of stress. Because the underlying emotion of this crisis is fear/anxiety, it is all the more important that each and every one of you take care of your mental state of being - right along with following all safety guidelines of COVID-19.

Self care. What are some ways we can do that? Personally, I find several simple, free possibilities are what helps me: water and humor are my favorite. Maybe the latter seems a bit strange, but whenever you can find any humor in any circumstance, that is a very valuable asset.

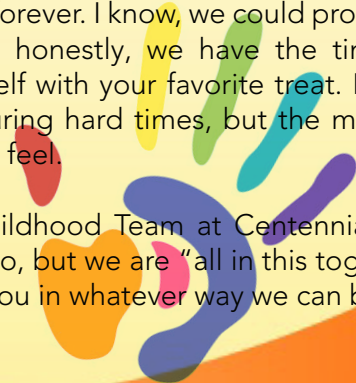
Take time to laugh at your children’s antics, laugh at funny movies you have time to watch, and laugh at yourself.

I assume some of you are thinking “water?” No beaches close to where I live! That is sad and true. Do you have a bath tub? Make that area into a personal spa – complete with candles and music. Yes, it’s okay to tell the kids that Mommy or Daddy is in “time out.”

Those of you who have a pet, take it for a long walk, preferably in some scenic area or by water. Animals are also a source of joy and sometimes laughter. A wise man said, “the best medicine is laughter,” which most often comes from our children and pets. If you have no pets to walk, walk anyway. Walk anywhere, everyday to get exercise and sunshine. Honor the 6’ distance at all times but do get exercise. Let your child lead you in the deep breathing exercise.

Lastly, not one we really relish is: finish that project that’s been put off forever. I know, we could procrastinate for a while longer; honestly, we have the time now. Then reward yourself with your favorite treat. It’s hard to get motivated during hard times, but the more we do the better we will feel.

Our Early Childhood Team at Centennial all have our challenges too, but we are “all in this together” and we are here for you in whatever way we can be.



MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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Cheyenne, Elbert, Kit Carson,
Lincoln & Yuma

For additional support during
the COVID-19 Pandemic you
can call Centennial's
**COMMUNITY
SUPPORT LINE**

You can do this by calling your
nearest Centennial office:

Akron - 970.345.2254
Burlington - 719.346.8183
Cheyenne Wells - 719.346.8183
Elizabeth - 303.646.4519
Fort Morgan - 970.867.4924
Holyoke - 970.854.2114
Julesburg - 970.474.3769
Limon - 719.775.2313
Sterling - 970.522.4392
Wray - 970.332.3133
Yuma - 970.848.5412

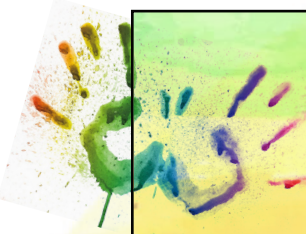
Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.

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ACTIVITIES TO DO WITH YOUR CHILDREN AT HOME



	Practice Taking Turns	Find Shapes in the Clouds	Enjoy Reading a Book	Draw Smiley Faces	Play Games Together: Simon Says, Duck Duck Goose, Red Light Green Light	Family Picnic Inside or Outside
Cuddle and Look at the Stars	Share the Best Part of Your Day	Learn and Draw Shapes	Listen to a New Story	Look for Your Favorite Colors	Be a Helper	Have Fun in the Sun
Sing and Dance to Music	Color a Picture	Make a Healthy Snack	Make a Tent or Fort	Find Items that Start with the First Letter of Your Child's Name	Family Movie Night	Take a Nature Walk
Hop, Skip and Jump	Taste a New Food	Play I Spy	Play a Matching Game (Socks/shapes)	Read a Bedtime Story	Make Dinner Together	Make Funny Faces in the Mirror
Have Fun Playing	Tip Toe Around the House	Tell Someone You Love Them/Give Hugs and Kisses				