



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

POSITIVE STATE OF MIND

Being a parent or caregiver can be a delicate dance between caring for ourselves and taking care of the children in our care. We often feel the everyday pressures of making sure everything is okay at work, at home, and we have times where we may question our ability to perfect our caregiving skills when things aren't running smoothly. Our abilities seem to be stretched thin and put to the ultimate test as we have been working and caring for our children from home. Our time alone to ourselves has been dramatically reduced and we aren't always certain what is going to happen from day-to-day. Even though our communities are starting to get things figured out and we know a little more than we did before, there are things we wonder about when it comes to the health of our family members and school starting back up in the fall.

One very important step to take as we navigate into the future is to really try and focus on some positive things happening for us. First and foremost, we know as with our children, we are our best selves and are the best caregivers when we feel safe and comfortable. This means that even though things may look different right now, it is important to think about the safe, positive things we have and what resources are available to us. In fact, thinking more positively affects more of our minds and bodies than you may think! When positive thoughts are generated, when you're feeling happy, or optimistic, cortisol decreases and the brain produces serotonin, creating a feeling of well-being; When serotonin levels are normal, one feels happy, calmer, less anxious, more focused and more emotionally stable (meteoreducation.com).

Making a more positive shift in our thinking habits can be rewarding for everyone in our care, but remember, thinking more positively isn't as easy as it sounds and definitely takes a tremendous effort! It's best to start small and be realistic about ways you can think more positively. One way to start is to say or write down 3 things you and your children are thankful for each night. Maybe you can start a "Thankful Board" or "Thankful Jar" where you can write down or draw what you are grateful for. This is a great way to positively connect with your children each night and to have something positive to think about before bedtime. When you are having a more difficult day, you can always go back and reflect on some things that made you and your children happy and feel good.

Another very important factor to consider is feeling positive and feeling recharged can come from connecting with others around us (I know-kind of silly to say when we are not supposed to be around a lot of people right now!). But, it's true! This can be done through a short phone call, video call, sending an email or connecting through Facebook. Even taking the time to connect with our children can feed our minds with positive thoughts!

If you need some additional resources, here are a few that give more ideas on how to focus on being positive with our children:

SOURCES:

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Mood-Boosting-Tips-for-Families-COVID-19.aspx>

<https://health.clevelandclinic.org/ready-snap-7-tips-stressed-parents/>

<https://www.zerotothree.org/parenting/positive-parenting-approaches>

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://www.atlantaparent.com/positive-thinking-kids/>

[https://meteoreducation.com/how-does-thinking-positive-thoughts-affect-neuroplasticity/#~:text=When%20positive%20thoughts%20are%20generated,stable%20\(Scaccia%20%20202017\).](https://meteoreducation.com/how-does-thinking-positive-thoughts-affect-neuroplasticity/#~:text=When%20positive%20thoughts%20are%20generated,stable%20(Scaccia%20%20202017).)

Cheryl's Corner of Caring

*The gap between where you are
at and self-love is self-care.
(Dr. Michelle Robin)*

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



LAUNCHING ZOOM SECURE TELEHEALTH SERVICES!

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.



AMY NATION, MA, IMH-E® INFANT FAMILY SPECIALIST

EARLY CHILDHOOD MENTAL HEALTH SPECIALIST

821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.2231
Cell (970) 571-2174
amyn@centennialmhc.org

Ages 0-5

Covers the following
counties:
Logan, Morgan

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

ERIN POUNDS, MS, IMH-E® INFANT FAMILY SPECIALIST

EARLY CHILDHOOD MENTAL HEALTH SPECIALIST

821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.1152
Cell (970) 520-3320
erinp@centennialmhc.org

Ages 0-8

Covers the following
counties:
Morgan, Washington
& Yuma



CHERYL BILLS, BSSW, MS EARLY CHILDHOOD MENTAL HEALTH SPECIALIST

211 W Main St
Sterling, CO 80751
Phone (970) 522-4549 Ext.291
Cell (970) 762-8044
cherylbi@centennialmhc.org

Ages 0-5

Covers the following counties:
Logan, Phillips, Sedgwick



DANIELLE STOREVIK, MA EARLY CHILDHOOD MENTAL HEALTH SPECIALIST

650 E Walnut
Elizabeth, CO 80107
Phone (303) 646-4519
Cell (970) 571-4224
danielles@centennialmhc.org

Ages 0-8

Covers the following counties:
Cheyenne, Elbert, Kit Carson,
Lincoln & Yuma

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

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