



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## RULES, ROUTINES AND SCHEDULES

With the last few weeks being overwhelming and unpredictable to say the least, we are all needing to find how to make things work and are grasping at what we can control and make since of and children are no different. As we struggle with putting everything into our day and trying to keep the children entertained and schooled we are faced with how do we do this every day and wanting to throw in the towel. So, how can we manage and juggle without losing focus and our own needs in the mix?

First, we need to recognize and understand children thrive on predictability and structure. The idea of what comes next and when things are happening makes them feel secure and at ease, which lessens the stress on them and in turn on you. So, finding ways to keeps a schedule or routines consistent. Time is not important it is as simple as after you get up you have breakfast then what? Cartoon, snuggles, getting dressed? Building the day with first then statements and activities.

Routines not only provide expectations and help elevate stress it offers so much more. It gives a child a chance to learn about negotiating to avoid those power struggles, it allows the child to learn

self-control, it helps with the transitions, the change from one activity to another, routines help the child feel safe and it helps improve the parents' happiness when interacting with them. Routines support so much of the child's mental health and over all development because of everything that is built in that teaches them. Routines as stated earlier do not have to be ridged or complicated they can even and should include some fun and interacting with the children.

One of those could be the routine of meals. By getting children to help you cook, you can engage them in games and one on one activity to help stay connected. Ensuring that you put in some one on one time in throughout the day, helps the child see that they are valued and teaches them expectations, this also allows for you to set time aside making them feel special. This can be as simple as reading a book, blowing bubbles, or building with blocks. Routines help give purpose to the day and giving purpose to some expectations in it helps others connect.



# 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				