



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## SHOUT OUT TO FATHERS

With all these changes that have come from this pandemic one biggest change has been who has been caring for the children? Some women and mothers have stepped up and kept the house running smoothly, as possible but even more so have the males or fathers in the child's relationship. Let us first state that "father" used in this paper does not refer to biological term, it refers to the emotional paternity of the child and the male caregiver.

If children do not have a father they will seek one out or make one up to fit their needs and desires. So, from a very young age children want that connection with adults and they strive for it. As we all are aware fathers handle children differently and that is not wrong it is just that different. Researchers have discovered that men even transition into the role of father just as pregnant women transition into motherhood. Even though men's changes are not as apparent or even recognized; example some men will crave more dairy or carbohydrate rich foods. They have a shift in their dreams, to more planning and their shifting role they are facing. They even can get anxiety and postnatal depression.

Emotional Paternity men that are involved and connected with the child, from a very early age helps the child learn resiliency easier, gain more weight earlier on and can deal with separation better than other children who do not. Fathers connect in a different level and play different. That is for any male. Children

need that connection or variety of play and different perceptions to help them strive and navigate this crazy world.

We need to support the fathers who stepped up; the step fathers, the uncles, the grandfathers, the boy-friends, the cousins, the bio dads, the adopted dads- all these who have chosen to make that emotional connection with the children in their lives. Society all too often praises women for the care and wellbeing, of the children but it is men that play a key role as well. They need a pat on the back for picking up and carrying on as well. Many men have changed their path of work or priorities to help raise and/or support children and during this week with Father's Day being June 21st and National Fathers Mental Health Day being June 18th let us all pause a moment to remember and thank the emotional paternity men yes fathers in our children's lives.

*"A dad is not defined as the man who makes the child, but rather the man who raises and loves the child with all his heart through anything. Blood does not always make a man a dad, being a dad comes from the heart."*

Author Unknown

### Cheryl's Corner of Caring

*"It only takes ONE light to illuminate the darkness. NEVER underestimate the light YOU shine into this world."*

Author Unknown

# 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.



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#### **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

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#### **Ages 0-8**

Covers the following  
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Morgan, Washington  
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Covers the following counties:  
Logan, Phillips, Sedgwick



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#### **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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