

#### MOVING LIVES FORWARD

### THE GROWING BRAIN

Supporting Brain Growth and Development

A child's brain undergoes an amazing period of development from birth to three-producing more than a million neural connections each second (zerotothree.org). These connections lay the foundation for pathways that help children process and understand the world around them. Research shows that a child's experiences-positive or negative, nurtured or neglected-directly affects how the brain develops throughout their lifetime (azpbs.org). A child's brain develops at a rapid rate between the ages of birth to five, with 90 % of the brain developed by age 5 (azpbs.org). These connections help to lay the foundation for future learning and development through early experiences and relationships with adult caregivers. Beginning in infancy, children initiate interactions with their caregivers, looking at how their caregivers respond and how consistent these responses are. Children learn through repetition, consistency and positive daily interactions with the adults in their lives. There are many activities caregivers can do with children to promote positive brain development, and to engage with children to have healthy interactions throughout the day.

Activities to do with Infants:

Visual stimulation (Not overstimulate)
Appropriate facial expressions
Communication
Singing/Music/Sounds
Reading
Cuddle
Eye contact throughout daily routines
(diapering, feeding, etc.)

Things to touch and explore

Cross reaching for toys and objects **Activities to do with Toddlers:** Language-repeating/expanding on what is said Set appropriate limits and consequences Model patience and appropriate responses **Explorative play** Gross motor-body movement; dump and fill Music and movement Model taking turns (reasonable expectations) Positive redirection Independent actions Activities to do with Young Children (Preschool and Older): Provide adequate time for free-play Appropriate expectations Help label feelings/Model appropriate language Model healthy coping skills Comfort and validate feelings Allow independence Consistency and routine Predictability Understand their feelings Opportunity to use 5 senses (awareness of sensitivity)

> Sources: www.zerotothree.org www.azpbs.org

### Cheryl's Corner of Caring

"Education begins the moment we see children as innately wise and capable beings. Only then can we play along in their world."

### 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<sup>®</sup> 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

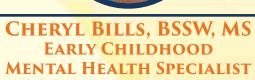
### EARLY CHILDHOOD MENTAL HEALTH SPECIALIST

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





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.

### WWW.CENTENNIALMHC.ORG

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