



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

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](http://www.zerotothree.org)  
[www.azpbs.org](http://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<sup>®</sup> 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.

[WWW.CENTENNIALMHC.ORG](http://WWW.CENTENNIALMHC.ORG)

Centennial is an equal opportunity provider and employer

Centennial Mental Health Center es un proveedor y una empresa de igualdad de oportunidades