



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

IS IT GETTING HOT?

This is a question that many of us ask during this time of year. Is the weather hot, is the house too hot and even the car. This question is not about your physical temperature but your mental. Are you getting short fused, are things bugging you more easily than in the past, are you having a difficult time getting motivated? This is all signs of stress and can make us "hotter" than usual. Being in this vast limbo with Covid-19 has made us more aware of our lack of control and predictability and so in turn leads to us grasping at things that are predictable. We have been with our children and in this ever state of limbo now for give or take a few days, but over 123 days and that is over 50 days longer than the usual summer vacation we normally spend with our families. Add on the sour note we ended the in person school year and the panic of finishing up school work and the variety of needs to care for them no wonder we are all still reeling. No one has really been able to catch their breath. Now when you think their might be a ray of sunshine of summer activities and things to do, we get things cancelled, restricted and changed. Now there is more stress. What is one to do?

First, take a few deep breaths and refocus yourself. We are all not super heroes and we are all doing the best we can. Then stop trying to do everything and make everyone happy. You are not responsible for others happiness, they are. Find the joy in little things, laugh

at yourself. Find new activities and traditions for you to do to make this time memorable not miserable. Things to do are get boxes for the kiddos to decorate, like a car and then set up a movie and do your very own drive in Movie Theater. Have a picnic under the table what an adventure that would be. Have the kiddos dress up on July 31st for unofficial Halloween. Develop a special way to communicate with each member of your household. These are ways to lessen the stress on you and a way to connect to your kids'. Allow yourself a chance to be human and make mistakes but what helps the children the most is when you are able to admit it and move forward. Resilience builds resilience and children learn by what they see. Teach your children to embrace change and grow from it teaches resilience and during a time of uncertainty helping children see how you are adapting and embracing change helps them do it as well.

Cheryl's Corner of Caring

*"How we decided to react to what is thrown at us is what determines our level of happiness or frustration."
(Mejabi)*

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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Ages 0-5

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.

WWW.CENTENNIALMHC.ORG

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