



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

ALL STORMS PASS

With the introduction to fall and the changing of the season, so much more is happening than just the color of the leaves. We as a society as well as families have shifted and changed. Some changes are for the better while others not so much. Change is inevitable and cannot be stopped; the only comfort is that we can choose how we will accept and deal with it.

As new parents the expectation of the new baby and all excitement that comes with it is sometimes overwhelming. Then when the baby arrives we regret, at times and totally normal, the changes this little human has brought. We are then eager for all the changes to come; the smiles, the coos, the crawling and the first word. Then regret sets in that they are growing so fast; they are not staying little. So, from birth on the tug of 'hurry up and get to the next milestone' is met with 'slow down' I want back the previous time. All parents face the everlasting tug of war with their child growing and moving on to adulthood and total independence. Yet getting caught up in the longing for the simple time of rocking and caring for them completely. Helping children navigate the changes around them can help you, as a parent, accept the changes with a new understanding of the joy that comes as the changes happen.

So, how can parents and caregivers help embrace the changes in your child's life? Many things can be done and most are what you are doing now. These are simple things that help your child become more confident, gain understanding and feel empowered. These milestones allow them to move

forward in development, as well as give you the understanding that helps parents and caregivers change and grow.

READ TO THEM: Let them hear the words and use their imagination. Helps build the wonder for what is to come.

VALUE THEIR PLAY: This means asking what they are doing and if you can join. Let them lead and play the way they want you to.

WHAT IF QUESTIONS: Ask them "What if a pig could fly?" or "What if you could go anywhere where?" These show that the child can think for themselves and that you enjoy them and want to see what they like, enjoy and value.

EXPLORE THE WORLD TOGETHER: Go on scavenger hunts, jump in leaves, ride bikes or play ball. It shows then you want to spend time with them. Makes them feel important.

ASK THEM ABOUT THEIR DAY: This allows you both to connect to learn about each other and your interests when you are apart.

Cheryl's Corner of Caring

"Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant with the weak and wrong. Sometime in your life, you will have been all of these.

(Source Unknown)

ALL STORMS PASS

RESPECT THEIR FEELINGS AND VIEWS: This allows them to see that they are an individual and that they are different than others. That they do not have to feel and think the same as others and it is ok.

Seasons are pretty predictable; it is the weather during this time that is unpredictable. Just like sea-

sons our families change and many things in it are unpredictable. In our families we face many storms and we try face them the best we can. We may not like it but, just like the weather, we get through it and manage to hang on for the sunshine. Like the weather, as families we don't like the changes, but like all storms this too shall pass.

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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