



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## TALKING POSITIVELY WITH YOUR CHILD

Children are exposed to many adverse situations in their environments as they grow. This can occur during their interactions with family members or this can be the result of negative situations they encounter at school. Fortunately, children are extremely resilient and most of the time, children are able to “bounce back” from these situations and learn from what they experience. Children learn so much from their parents and caregivers about acceptable social behaviors, healthy coping skills, and effective communication. Communication is an important skill for children to learn as they interact with their peers, express themselves, and manage feelings appropriately. As a caregiver, it is important to not only model healthy coping skills but to also model positive communication.

Communicating with your child in a positive way allows for the relationship you have with them to

become strengthened and for them to be able to express themselves to you. Communication is vital when it comes to healthy family relationships and it shows children how to react and respond to others in their surroundings. If the majority of the communication you have with your child is positive, then when it comes to times when you do need to redirect or address a concern with your child, it can make things go a little more smoothly. Plus, communicating positively can give your child confidence, acknowledgement, and show them that you really care and respect them. In turn, this can help children communicate positively with their peers and other caregivers, and can also help them work through adverse situations.

Source: <https://raisingchildren.net.au/toddlers/connecting-communicating/communicating/communicating-well-with-children>

### HERE ARE SOME TIPS TO ASSIST IN POSITIVELY COMMUNICATING WITH YOUR CHILD:

- Be aware of what tone of voice you're using with them
- Transform criticism into compliments
- Use loving names and positive labels
- Be affectionate
- Get down on your child's eye level
- Speak positively about your kids when they are around
- Let your child finish talking before you respond
- Avoid criticism and blame
- Set clear expectations with them
- Use language your child understands
- Really listen to what they are saying
- Be a good role model

#### Quote of the week

*“A mother holds her children's hands for a while, but their hearts forever.”*

# MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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#### **Ages 0-5**

Covers the following  
counties:  
Logan, Morgan

## 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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Morgan, Washington  
& 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

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Limon - 719.775.2313

Sterling - 970.522.4392

Wray - 970.332.3133

Yuma - 970.848.5412



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Cheyenne, Elbert, Kit Carson,  
Lincoln & Yuma

Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.

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