April is a time when we really highlight child abuse prevention and think about ways to educate others about this very important topic. We see a lot of information come out during this time that talks about resources to help prevent child abuse, ways to connect caregivers to extra support and how to report situations that may be harmful for children. We know that all children should have at least one adult in their lives who provides safety, stability and love. These adults serve as a “buffer” for children when they experience an adverse situation. Children are very resilient and having this special adult(s) in their lives can really help them feel supported when faced with challenging situations. For example, if you decide to walk on a tight rope, wouldn’t you feel more comfortable knowing you have a safety net below to help support you? Think about how much fear you might have if you are out on that rope with nothing below! Think about this for children-some feel like they are walking on a tight rope everyday with nothing below to catch them. Children feel more confident and safe when they have caring, trusting adults in their lives that can help support them too. Even with this being said, we know many children don’t always have access to a caring adult and experience difficult situations each and every day. How can we provide this support for children we may have contact with? How can we continue to think about what children need and advocate for them even after April is over? How can we Be the Voice for children and help advocate for their safety and well-being?

- **Really Listen** - get on the child’s level and really listen to what they are telling you; pay attention to their non-verbal cues and body language

- **Pay attention** - is the child telling you things in different ways? Through their behavior and/or interactions with others?

- **Does the child need more connections to trusting adults?** Do they need help connecting to a teacher, coach or mentor?

- **Does the child and their family need connections to outside resources and support?**

- **Really build trust** - when children are in your care, how can you build trust and secure relationships with children?

- **Provide consistency** - children thrive in predictable, consistent environments

- **Be an advocate** - how can you speak up for the child and connect them to what they need? How can be more involved within the community?

- **Be aware of available resources** - where can reach out if a child or family has a need, or if the child is in a dangerous situation?
Speaking up for children is vitally important because children are not able to speak out effectively for themselves sometimes. There are many things we can do to connect with the children we are around and be a voice for the needs they may have.

**Tips for the Week**

1) Be a good role model; children learn from the example you set.
2) Set simple rules and consequences; then enforce them.
3) Discipline firmly & fairly; never use violence.
4) Know what is going on with your children; at school and home (e.g. with social media.)
5) Keep your sense of humor and manage stress in healthy ways. If you are overwhelmed, ask for some outside help.

**Here are more resources to help:**

https://www.savethechildren.org/us/ways-to-help/advocate-for-children

https://www.uaex.edu/life-skills-wellness/personal-family-well-being/docs/Advocating%20for%20Children%20in%20Your%20Community.pdf

www.childmind.org
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Wash the Car or Bikes Together</td>
<td>Play Games Together: Simon Says, Duck Duck Goose, Red Light Green Light</td>
<td>Family Picnic Inside or Outside</td>
<td>Cuddle and Look at the Stars</td>
<td>Share the Best Part of Your Day</td>
<td>Enjoy Reading a Book</td>
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<tr>
<td>Look for Your Favorite Colors</td>
<td>Build with Legos or Blocks</td>
<td>Have a Texture Scavenger Hunt</td>
<td>Sing and Dance to Music</td>
<td>Blow Bubbles</td>
<td>Make a Healthy Snack</td>
<td>Make a Tent/Fort</td>
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<tr>
<td>Find Items that Start with the First Letter of Your Childs Name</td>
<td>Family Movie Night</td>
<td>Take a Nature Walk</td>
<td>Play Hop, Skip and Jump</td>
<td>Taste a New Food</td>
<td>Play I Spy</td>
<td>Make and Play with Playdough</td>
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<tr>
<td>Read a Bedtime Story</td>
<td>Make Dinner Together</td>
<td>Swing on Swings</td>
<td>Play Dress Up</td>
<td>Help Your Child Send an Email or Letter to a Grandparent</td>
<td>Plant Seeds from Something You've Eaten Like Watermelon</td>
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</tbody>
</table>

**April 2021**

1. Play Catch
2. Find Shapes in the Clouds
3. Enjoy Reading a Book
4. Watermelon
5. Monday
6. Tuesday
7. Wednesday
8. Thursday
9. Friday
10. Saturday
11. Sunday
12. Monday
13. Tuesday
14. Wednesday
15. Thursday
16. Friday
17. Saturday
MEET CENTENNIAL’S EARLY CHILDHOOD CONSULTATION TEAM

Amy Nation, MA, IMH-E® Infant Family Specialist
Early Childhood Mental Health Specialist
821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.2231
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amyn@centennialmhc.org

Ages 0-5
Covers the following counties:
Logan, Morgan

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Ages 0-8
Covers the following counties:
Morgan, Washington & Yuma

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211 W Main St
Sterling, CO 80751
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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
Centennial is an equal opportunity provider and employer
Centennial Mental Health Center es un proveedor y una empresa de igualdad de oportunidades

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.

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:
Akon - 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