



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## BE THE VOICE

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.

*Here are more resources to help:*

<https://raisingchildren.net.au/school-age/school-learning/working-with-schools-teachers/being-an-advocate>

<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](http://www.childmind.org)

*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.



# ACTIVITIES TO DO WITH YOUR CHILDREN AT HOME

## April 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



				1 Play Catch	2 Find Shapes in the Clouds	3 Enjoy Reading a Book
4 Wash the Car or Bikes Together	5 Play Games Together: Simon Says, Duck Duck Goose, Red Light Green Light	6 Family Picnic Inside or Outside	7 Cuddle and Look at the Stars	8 Share the Best Part of Your Day	9 Learn and Draw Shapes	10 Draw with Sidewalk Chalk
11 Look for Your Favorite Colors	12 Build with Legos or Blocks	13 Have a Texture Scavenger Hunt	14 Sing and Dance to Music	15 Blow Bubbles	16 Make a Healthy Snack	17 Make a Tent/Fort
18 Find Items that Start with the First Letter of Your Child's Name	19 Family Movie Night	20 Take a Nature Walk	21 Play Hop, Skip and Jump	22 Taste a New Food	23 Play I Spy	24 Make and Play with Playdough
25 Read a Bedtime Story	26 Make Dinner Together	27 Swing on Swings	28 Play Dress Up	29 Help Your Child Send an Email or Letter to a Grandparent	30 Plant Seeds from Something You've Eaten Like Watermelon	

# 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.



## ERIN POUNDS, MS, IMH-E® INFANT FAMILY SPECIALIST

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Covers the following  
counties:  
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  
Julesburg - 970.474.3769  
Limon - 719.775.2313  
Sterling - 970.522.4392  
Wray - 970.332.3133  
Yuma - 970.848.5412



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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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