



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

WHAT IS CHILD ABUSE?

All too often people think child abuse is just that, the abuse of a child. Usually people view it as physical harm of a child. Many do not realize or understand the differences and the meaning behind Child Abuse. Childwelfare.gov defines child abuse as; "any recent act on the part of a parent or caregiver that results in death, physical or emotional harm, sexual abuse or exploitation, or an act or failure to act that presents an imminent risk of serious harm."

Children under the age of five, lack verbal and cognitive awareness of things that are or could be harmful, so this is when it is vital if "see something say something" to ensure that they are kept safe. You will not get in trouble for reporting; reports can be anonymous. Leave it to the experts to take the next steps when needed. With children ages six to twelve they need to be given lots of open ended questions, during this time of development children have a difficult time with fantasy and reality. This time of their lives they need lots of support and people who value their feelings. Children over twelve need to be heard and treated with respect and care, because during this stage they are trying to figure out who they are and how the world works. Ensuring that they are supported and

they have a voice in what is wrong will help them cope with difficult situations.

Parents do strive for doing the best for their children but sometimes frustrations, past experiences and issues get in the way. It is our job to support, care and love the children and the families. One of the most important things caregivers can do is allow for a safe place for the child to be able to come to and be believed in.

The following page as the list of developmental milestones and what it looks like; of a child can successfully master EACH important mental health stage of mental health development. We always want to ensure that children meet their developmental milestones; their mental health milestones are just as important for their life long health too. They need to meet both to become a healthy individual for life.

References/Resources:

www.integratedsociopsychology.net
www.childwelfare.gov

Quote of the Week

"Life doesn't count for much unless you're willing to do you small part to leave our children – ALL our children – a better world. Even if it's difficult. Even if the work seems great. Even if we don't get very far in our lifetime. (Barack Obama)"



Erikson's Psychosocial Stages Summary Chart



Stage	Basic Conflict	Important Events	Key Questions to be answered	Outcome
Infancy (0 to 18 months)	Trust vs. Mistrust	Feeding/ Comfort	Is my world safe?	Children develop a sense of trust when caregivers provide reliability, care and affection. A lack of this will lead to mistrust.
Early Childhood (2 to 3)	Autonomy vs. Shame and Doubt	Toilet Training/ Dressing	Can I do things by myself or need I always rely on others?	Children need to develop a sense of personal control over physical skills and a sense of independence. Success leads to feeling of autonomy, failure results in feelings of shame and doubt.
Preschool (3 to 5)	Initiative vs. Guilt	Exploration/ Play	Am I good or bad?	Children need to begin asserting control and power over the environment. Success in this state leads to a sense of purpose. Children who try to exert too much power experience disapproval, resulting in a sense of guilt.
School Age (6 to 11)	Industry vs. Inferiority	School/ Activities	How can I be good?	Children need to cope with new social and academic demands. Success leads to a sense of competence, while failure results in feeling of inferiority.
Adolescence (12 to 18)	Identity vs. Role Confusion	Social Relationships/ Identity	Who am I and where am I going?	Teens need to develop a sense of self and personal identity. Success leads to an ability to stay true to yourself, while failure leads to role confusion and a weak sense of self.
Young Adult (19 to 40)	Intimacy vs. Isolation	Intimate Relationships	Am I loved and wanted?	Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation.
Middle Adulthood (40 to 65)	Generativity vs. Stagnation	Work and Parenthood	Will I provide something of real value?	Adults need to create or nurture things that will outlast them, often by having children or creating a positive change that benefits other people. Success leads to feelings of usefulness and accomplishment, while failure results in shallow involvement in the world.
Maturity (65 to death)	Ego Identity vs. Despair	Reflection on life	Have I lived a full life?	Older adults need to look back on life and feel a sense of fulfillment. Success at this state leads to a feeling of wisdom, while failure results in regret, bitterness, and despair.

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



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
Cell (970) 571-2174
amyn@centennialmhc.org

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

EARLY CHILDHOOD MENTAL HEALTH SPECIALIST

821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.1152
Cell (970) 520-3320
erinp@centennialmhc.org

Ages 0-8

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



CHERYL BILLS, BSSW, MS EARLY CHILDHOOD MENTAL HEALTH SPECIALIST

211 W Main St
Sterling, CO 80751
Phone (970) 522-4549 Ext.291
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

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