



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

COMMUNICATION CONNECTIONS WITH CHILDREN

We have all had issues with getting our point across or being understood. We may get frustrated because we have to clarify or restate our point but adults are given chances to be heard. Children are no less needing and wanting that as well. Children, unlike adults have a difficult time with clarifying or even understanding what they want or need to say. They act out and have behaviors that we feel are unacceptable. Then we get frustrated and shut them down rather than helping them to figure out what they want to say.

Instead of saying things like; 'don't worry', 'don't be like that' or even 'Don't be mad'. Try saying things like 'You are mad. You have every right to be.' 'It hurts to see someone do something that you cannot do yet.' 'That's a big worry. I get it.' This allows for the child to get validations for their concerns but also gives them the words to help them learn to be able to speak for themselves.

We can and need to communicate and teach children to express themselves the correct ways of doing that. Mistakes are fixable and can be repaired. When we let children their feelings and concerns, the more likely they are to advocate for self when they get older.

We need to be more aware of the ability for a child to be able to communicate everything they feel and need. We often make the mistake of assuming that a child can understand and comprehend the mean-

ing behind words and the feeling associated with communication. When they have good articulation and speech for a young age, then adults can misinterpret what they say let us not forget, they may speak like they are 20 but they still have the cognition of a 3 year old.

Adults also need to turn. 'No' into 'yes' statements, when appropriate, this helps children see that they have options and helps them make decisions on their own. Guiding them with open ended conversation also assists in their ability to strive for that connection with others.

Communication taught therefore learned. . This helps a child's development that supports self-esteem and self worth as they get older. Try hard to talk with them, not at them Discuss things with them, your feelings as well as theirs. Then they can value this as a connection piece as well.

Quote of the week

"Speak to your children as if they are the wisest, kindest, most beautiful and magical humans on earth, for what they believe is what they become."

Brooke Hampton

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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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



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Logan, Phillips, Sedgwick



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Cheyenne, Elbert, Kit Carson,
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Lincoln, Logan, Morgan, Phillips,
Sedgwick, Washington & Yuma Counties

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

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