



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

QUALITY NOT QUANTITY

As summer approaches and the excitement of some normality slips back into our lives, we are struck with the idea of juggling again and ensuring everyone in the family or center gets a part or piece of the pie. All too often we find that the kiddos who are in need of your attention, sometimes get too much of the wrong kind at home. We are left to reteach (and they to relearn) this concept of attention. So, how can we find what the happy middle of attention is, not giving too much attention, what is good attention and how much should we give?

Let us start with the basics; you as a caregiver have a tough job. As a caregiver you have to juggle work, self care, duties and other family members. All too often worry sets in about the quantity of time you are spending with everyone. We worry its not enough or even good enough. Don't be so hard on yourself. Realize that you are one person and you cannot and should not do it all. You are doing the best you can. Learning new strategies gives you help especially during those tough and trying situations.

First, children do not need stuff and things. They need love, care, consistency and boundaries to thrive. Children thrive on attachment and caring individuals who take time to ensure that they know they are special and that they matter. As well as unconditional love! Remember that the one who is hardest to love is the one who needs it the most. That is more important than the newest, fanciest toy on the market.

Spending quality time can be built into your day; does not take a lot of time and it does not cost anything. Read a story before bed, every night; cuddle together and read anytime. What a relaxing way to end a stressful day. Also, you can sit at the dinner table and tell best part of the day. Sit together, as a family at the table and ask each person to tell about their day and what made it special. Ride bikes, color, toss a ball, cook and play together. Each day build a connection that shows the child they matter. It exemplifies that you care.

As Father's Day approaches let us remember that anyone can connect and be that special person in a child's life. It does not matter if you are a fulltime, part time, bonus, grand, foster, friend, brother or uncle when you can spend quality time (it can be as little as 20 minutes) in a child's life a week you can change their whole lives.

Quote of the week

"One of the hardest lessons in life is letting go. Whether it's guilt, anger, love, loss or betrayal. CHANGE is never easy. We fight to hold on and we fight to let go."

(Rawforbeauty.com)

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



AMY NATION, MA, IMH-E® INFANT FAMILY SPECIALIST

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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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Ages Prenatal-5

Covers Cheyenne, Elbert, Kit Carson,
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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