



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## OK YOU'RE BORED

It is getting that time of the summer when you are hearing more and more 'I'm bored!' then you spend so much time racking your brain on how to help them or you stress out on what can you do to stop the boredom they are having. It is time to step back take a deep breath and realize that even us adults can and do face boredom, then we discover ways to elevate that feeling. Then you can see you do not need to fix boredom you need to help them find ways to cope and deal with that feeling.

It may be as easy as getting out a pen and paper and write down things the child has never done or it has been a long time since they did the activity or task. Like after a summer shower going outside and jumping in the puddles, feeling the warmth of the water, how different it is from the fall or spring puddles. Collecting rocks and seeing if you can find matches; is it even possible. Towards evening watch a sunset and discuss about the colors you may see or that you do see. Then even wonder if someone you know that does not live close sees the same colors or different ones. Then write or call them to ask about their night sky. Affording trips to exotic or faraway lands may be out of the question but reading stories about fairy tale lands and faraway places

can get the imagination kicked in gear. Find ways to make castles and dragons to pretend to be living in and befriending.

Boredom is a learned skill and learning how to overcome it and doing things to elevate it takes skills and it's another job for us caregivers to assist children in learning. Even as adults we have not learned everything and have not done every craft, game and trip out there and so we take chances, change our point of view, try new things. So, let's help our littles learn to overcome boredom with excitement and a new challenges. It does not have to cost anything or require much preparation just some imagination and different thinking. We has caregivers have a very important job of teaching and raising children. We strive to get them to walk, talk, and become little independent humans. Let us not forget to include some self-help, self-reliance skills along the way.

### *Quote of the Week*

*Boredom is the birthplace of genius.*

*(Source Unknown)*

# 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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#### **Ages 0-8**

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Cheyenne, Elbert, Kit Carson,  
Lincoln & Yuma



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#### **Ages Prenatal-5**

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

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