



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

FOLLOW YOUR INSTINCTS AND (SOME “MILESTONES”)

Each caregiver knows their child best –plus the fact that babies are born learning. Each child develops at his/her own pace; however development (in general) occurs in a predictable sequence. When children the same age acquire the same skills that means they have reached an important “milestone” i.e. and is important point in development.

Physical Milestones: (e.g. Vision and Hearing) need to be tested by appropriate professionals. Again, you know your child best and can determine when (and if) these physical milestones need checked out by an appropriate professional.

Birth to 3 Months:

- 1) Lift head up while on tummy
- 2) Smile and make cooing sounds
- 3) Reacts to sudden movements/noises
- 4) Uses eyes to follow people/objects & gazes at caregivers

3 to 6 Months:

- 1) Rolls over and holds head up without support
- 2) Smiles at familiar faces
- 3) Reaches for & grabs toys
- 4) Passes objects from hand to hand
- 5) Knows strangers from family
- 6) Responds to their own name

9 to 12 Months:

- 1) Begins walking with help
- 2) Looks when called by name
- 3) Says, “mama” and/or “dada” and few others
- 4) Goes to a familiar adult for support

12 to 15 months:

- 1) Walks alone with very little help
- 2) Takes off own shoes, socks and easy-to-remove clothing
- 3) Points to things when named
- 4) Wants individual attention and says “mine” often

So as you see, that first year+ is full of exciting “milestones” that are an important part of your child’s growth and social/emotional development. Do NOT panic if your child is a month or so late (or early) because as I said in the beginning, development occurs in a predictable sequence. Children are not predictable – and that’s part of challenge, but also the joy of parenting.

Quote of the week

We make a living by what we get, but we make a life by what we give.”
(Winston Churchill)

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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Ages 0-5

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Logan, Phillips, Sedgwick



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Ages 0-8

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Ages Prenatal-5

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

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