



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## WHAT TO SAY WHEN YOU THINK YOUR CHILD IS BORED

Boredom is a signal that your children are craving something, but it's not your job to "fix it" for them. They need to explore until they figure it out what they are craving. I know it seems easier to just fix it for them because you can come up with all kinds of good ideas. After all, if they are not bored they will not be bothering you, right?

What we really need to remember is that children develop in a better way IF we let them be bored. WHY you may ask? There are three main reasons why:

- It encourages imagination and creativity
- It helps them discover new interests
- It enhances problem solving skills

It is okay to prompt them with open-ended questions such as, "I wonder what you could make with \_\_\_\_\_?" Or, "What is something you really enjoy doing?" Also, help them see their boredom as an opportunity. Talk about how good it feels to just relax! Tell them you are glad they have time to decide what to do. This is SO much more productive for them rather than planning another activity for them. Most kids already have TOO many planned activities. This does not allow for them to have "down time." (We have to get older to realize how important down time is for our mental health.)

What children really need is:

- Time to explore – that includes OUTSIDE!
- Time to be creative, and most of all...
- TIME TO PLAY

It is in their play that they grow across several developmental domains. A simple example of a child playing be her/him playing with a blue block and give it to Amy. This activity involves children's adaptive skills – cognitive, receptive and social/emotional ones. Activities of daily living (ADLs) are as simple as brushing their teeth, putting their coat on, etc. Some may think that cognitive development is complex, but it is can be as simple as learning to problem solve and the main way children develop this is through play.

Social/emotional skills develop through children's ability to effectively express and regulate their emotions. When children play they learn to share, take turns, delay gratification and make transitions. Of course they need the guidance/support of caring adults to learn, but when we intervene and do it for them, the learning can be delayed and they get the message "I need help to do this," versus "I did it ALL by myself." The latter teaches them independence and self-esteem.

Yes, I know it's hard to remember that they learn ALL these vital developmental milestones by playing, BUT THEY DO!

### *Quote of the week*

*We don't stop playing because we grow old.  
We grow old because we stop playing.*

# MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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

### EARLY CHILDHOOD MENTAL HEALTH CONSULTANT

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 CONSULTANT

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

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

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Morgan, Washington  
& Yuma

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You can do this by calling your  
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Wray - 970.332.3133  
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## CHERYL BILLS, BSSW, MS EARLY CHILDHOOD MENTAL HEALTH CONSULTANT

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 IMH-E® INFANT FAMILY SPECIALIST

### EARLY CHILDHOOD MENTAL HEALTH CONSULTANT

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



## SHANNON PARKER, MA ECE/ECSE IMH-E® INFANT FAMILY SPECIALIST

### MATERNAL MENTAL HEALTH CONSULTANT

211 W Main St  
Sterling, CO 80751  
Phone (970) 522-4549  
Cell (970) 571-5966  
shannonp@centennialmhc.org

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