



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

MORE MILESTONES – MORE JOY!

Last week we looked at milestones for birth to one-year-old. Hope you were able to compare and see the contrast in ages and stages of infants – even differences of your own children. As you well know, children often challenge the rules or regulations set up by adults. So now, let's take a look at milestones for one to four years. Again, remember as your child grows and learns he/she depends on you/caregiver to respond to his/her actions and needs.

TODDLERS (15 TO 18 MONTHS) CAN:

- Walk alone or with very little help
 - Point to things when named
 - Want individual attention; often say "mine"
 - Listen to short stories, songs, and rhymes
 - Greet peers and known adults when reminded
- Every day your toddler is learning more words and enjoys imitating your actions.

TWO YEAR OLDS CAN:

- Combine two words together i.e. "more milk"
 - Use their own names to talk about themselves
 - Walk, run, jump and throw a ball
 - Like doing things their own way; often say "no"
 - Enjoy playing with other children, but may not share their toys
 - Show their feelings mainly through actions and some words
- Let your child know that you are listening even though you may not be able to do what he/she wants. "I know you're having fun and want to stay and play, but we need to go home now." Your child will learn that you care about his/her feelings and that their feelings are important.

THREE YEAR OLDS CAN:

- Follow two-step request ('get the book and put it on the table')
- Use objects symbolically (using a block for a car)
- Talk about feelings and tell pretend stories
- Use the bathroom during the day

- Begin to share toys and play with other children
- Wants to please others

You can help your child make choices about positive behaviors. "If you want to play with your toys in the water, you need to go outside or to the kitchen sink." Making decisions helps your child feel good, gain self-confidence and become successful at solving problems.

FOUR YEAR OLDS CAN:

- Can hop on one foot, can catch a ball
 - Enjoy singing simple songs
 - Are understood by most people with whom they talk
 - Like pretend play but may not always know the difference between 'real'/'pretend'
 - Can show concern and sympathy
- Sometimes your child needs help; work on problems together. "Uh-oh! There's only two cookies and three of us. What should we do?"
- So this takes us up to the last year before they go off to Kindergarten. Then things REALLY change! Hard time for and the kids just do what they do so well – ADAPT.

Resource: www.eicolorado.org

Quote of the Week

"I am a TODDLER. I am not built to sit still, keep still, stand in line or keep quiet. I need motion, I need novelty, I need adventure and I need to engage the world with my whole body. LET ME PLAY, trust me, I AM learning!" (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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Morgan, Washington
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For additional support during the COVID-19 Pandemic you can call Centennial's **COMMUNITY SUPPORT LINE**

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