EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

WHY DO SOME KIDS BOUNCE?

Have you ever caught yourself looking at your child saying "Why does one of my children sit and read a book while the other seems to be Tigger and just keeps bouncing?" This is so true during this time of uncertainty and constant change. Many children (like adults) are either the one who proclaims gloom and doom or have no worries and feel they will be okay. Why is this happening and is there something we caregivers could do to help children be able to "bounce back" and be able to weather the storms of life.

Many times the ability to weather the storms and push through the rough times comes down to a very basic or early development domain and that is temperament. Temperament is the "personality" a person is born with and the way they are throughout life. There are 3 main temperaments: they are 1) slow to warm, 2) outgoing, and 3) routine driven. In some cases a child can be a mixture of more than one, but one will always be dominant.

Regarding temperament we can say the routine child is Eeyore, and has difficulty with change. They want things when they want them and if not their way, they can melt down because they did not get what they needed or wanted at the time expected. Then if anything changes they do not know what to do or how to handle it. With the slow to warm we have Piglet - the ever hopeful optimist who needs time to discover and figure out what is going on. As long as they are given time they can express themselves and they do figure it out. Then we have the outgoing, Tiggers - the ones who are fearless and want to take on the world. They sometimes forget to look before they leap and find themselves in trouble.

As caregivers we need to understand these differences and see how we can support these children and teach them not only reliance, but also understanding of them as a unique individual. With our Tiggers we need to explain in simple childlike ways what is going on, what they can expect and what their job is. This is necessary so they can embrace the changes and see where they can control a situation. Tigger will continue to need control, which is why he bounces.

With our Piglets let them know they are safe then they are okay. Allow them to take it all in and begin to process. As with Eeyore, let them express their concerns; they may need help to make since of the world and the situation. When they are not so concerned then they can explore and move through their day.

With our Eeyore's give then expectations and what you know is true so they can handle just that. Limit the unknown and do not give them too much information. They only want to know the basics of when special things are going to happen and what is going on that involves them.

Children are complicated individuals and need so much patience and understanding. As we care for them we need to ensure we embrace their individuality and

support them becoming the best unique individual regardless of which character they are.



Quote of the Week "The things that make me different are the things that make me ME." (Piglet)

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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.

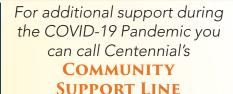


AMY NATION, MA, IMH-E[°] INFANT FAMILY SPECIALIST

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



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



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 Covers the following counties: Morgan, Washington & 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

Ages Prenatal-5

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

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

WWW.CENTENNIALMHC.ORG Centennial is an equal opportunity provider and employer.

Centennial Mental Health Center es un proveedor y una empresa de igualdad de oportunidades

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