



# 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 sense 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 them 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



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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  
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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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