



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## GIFT TO YOU; WHAT YOUR CHILD MIGHT BE THINKING?

With any caregiver we face the challenge of what and why is my child doing what they are doing. Just wishing once that you may be able to understand, just that little bit, what and why your child is thinking. So, here is my gift to all of you caregivers, a little insight into a child's brain and their thoughts.

My gift is around the urges in play and what or why they may react or do things while playing that may make us question what is going on with this child.

**1. Destroying:** The drive to destroy, tear down and deconstruct things. This is why some children will go over and knock down another's tower or try and rip off the parts of a toy animal or doll.

**2. Transportation:** The urge to move or carry items from one area to another. Seeing a child take a toy or object from room to room or area to area. Without a reason and they cannot even understand themselves.

**3. Hiding or covering items.** The desire to hide and discover something or someone. The joy and curiosity of hiding and finding items.

**4. Connecting things:** The want to connect objects together and figuring out what goes together.

**5. Give and take:** The desire to give and take it back. They even enjoy giving it to one person take it back and give it to another.

**6. Gather things:** To be able to collect objects in different containers around the area. Even a variety of different objects as well.

**7. Trajectory:** The ability and desire to propel an object by themselves.

All of these activities and "games" that the children are doing is giving you the insight into the child's thoughts and eventually mastery of their world. These ways of playing help a child make sense of what is going on and how it makes them feel. It gives them power in the trajectory of items or the destroying of the towers. Shows them how much they can control by the connecting of things and the gathering of items.

These are all just little ways for the child to gain the importance of self worth and the independence they need to move on to try new things, harder things and even different tasks they have never even attempted or seen. Embracing these little playtime activities and even helping them use items to do this play "tasks" is rewarding for not only you, but the child as well. Allowing the child to do the play and not get worried or upset will allow them the extra support they need to explore and investigate. Sometimes just accepting that the child is playing (and it makes no sense to you), but is important and engaging to the child is all we as caregivers need to know.

Embrace the challenges and accept the rewards as children develop and grow. Children learn through play and we must encourage them because each and every exploration is a learning experience.

# MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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#### **Ages 0-5**

Covers the following counties:  
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#### **Ages 0-5**

Covers the following counties:  
Logan, Phillips, Sedgwick

## 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.

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

**WWW.CENTENNIALMHC.ORG**

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



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

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Morgan, Washington  
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#### **Ages Prenatal-5**

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