



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## WATCH ME- *Kiddos are always saying....*

How many times in a day do us caregivers and parents hear “watch me” or “did you see me”? The child is always seeking out “what” and “why” as they are yelling this at me. Do they not realize I have seen them jump or spin or knock down that item for hours? It is the same thing over and over. Why do I always have to look and watch?

Children when they are hungry, tired or bored do things that are attention-seeking behavior. It is normal because they cannot tell wants from needs and have a difficult time separating and trying to get your attention. Yes, it is helping them find words and understand their bodies. The “watch me” behavior is also very normal. It is more of an attachment behavior. The idea of getting close to the caregiver is one that they have a deep connection with. This connection helps them reconnect and then gives them the confidence to try again. It also helps them to feel good about what they did, and even safe to explore some more.

This behavior can be thought of as the refilling of a car. The child is the car and you are the gas station. The child wants you to pay attention, show you something or is asking you to watch. That is your car’s gauge telling you it needs gas. You as the station look, respond, hug and connect in some way. That in turns “fixes” the car and it can run as

usual. Children need that refueling or the check-up to ensure that they still have a connection or attachment with you. They need to feel or see that to allow them to explore and to develop self confidence and reassurance about one’s self. Just like our car we want it to run and be in good condition, so we need do that same refueling with our kiddos.

Sometimes we (like with our car engine light) we ignore it a little longer then we should or let the oil change wait another week or two. With kiddos sometimes we do not respond in the correct length of time or are not as willing to watch again. It is fine we do not damage anything; we just accept our shortcomings and move on. A good caregiver understands that sometimes “good enough” is the standard that can be accepted. Being able to recognize the shortcomings we have help assist in us becoming better as time travels on. So, when you hear look at this, a toy being one inch from your eyeball, or the all of the sudden plop on your lap, know it’s because you are loved. They want you to understand that they are attached to you and want you to know that as well. This beginning need to attach is the foundation of all later relationships.

# 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.

## 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



## 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



## 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

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



## 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