



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

EMOTIONS INTO WORDS

All children, regardless of age, have some emotions that they can respond to. These are happy, sad, mad or angry. These all have a reaction that we as caregivers have come to expect when they do feel these emotions. Many times when we say, 'I see you are sad,' the child hears and responds with crying or pouting. When you say, 'I see you're angry or mad' they may throw a fit. Sometimes being happy causes them to get a little too out of control as well. So, how do we help regulate these emotional swings and still maintain our sanity?

We as the caregivers can use these emotional times and struggles as a teachable moment for children. Recognizing they are having an emotion to a situation is the first step.

Help them recognize they are having feelings by using different words:

NOT SO GOOD

"You're fine. Stop crying and let's go."

"What is wrong with you?"

"Pull it together."

"This isn't a big deal."

BETTER

Try: I hear you.

Try: I see you are upset.

Try: I can see this is big for you.

Try: I hear this matters to you.

This helps them see that you do validate their feelings and want to help. In turn, then they know that their feelings matter. (Besides validating their feelings, you can try changing up the emotional words you use.) One example could be: "Say, I see you're frustrated instead of angry. Say, I see you are overwhelmed - not you're getting tired. I can see that makes you disappointed."

Changing wording can make a child stop and think, then you can step in. Also, distraction sometimes will allow them other things to do vs. throwing things, pouting, or yelling. At times they need a break from whatever is causing them the emotion; leave the task for awhile. You can get them to take three deep breaths. Try to allow time for them to process what happened. Often this can help you figure out triggers for them. Allowing a child to own, learn to manage their emotions and validating those emotions are vital to ensure that they are learning behavior and not just being controlled. And yes, I know this takes time, but in the long term it will be well worth your effort.

"What is the bravest thing you've ever said?" asked the boy. "Help." Said the horse Institute of child psychology.org

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



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

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

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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