



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

WORDS TO LOVE BY

Last week's newsletter contained suggestions on using more appropriate words with children when emotions are running high. Some famous person once said, "It's not what happens to you, but how you react to it." It may be possible that philosophy applies to the "littles" as well as us adults. As we know, the "littles" react (and copy) what they see each and every day. On good days most parents/caregivers try to "model" good behavior, and say the right thing – even when pushed to that point they often regret.

In the mental health world, saying the right thing (even on the not so good days) is called "reframing." Reframe your thoughts by saying, "This is NOT up to me." For example: expectations, judgments and opinions from people who are NOT me. Likewise, HOW I chose to react to anything that IS up to me.

Cognitive reframing is a technique used to shift your mindset so you are able to look at a situation, person or relationship from a different perspective. The essential idea behind reframing is that the frame through which a person views a situation determines their point of view. Last, but not least this leads into the ability to problem solve – which leads into good decision making and choices.

Now how does this "reframing thing" work for our littles? Oh, by the way this technique works great with teenagers – you know those "terrible two" X 7 or 8. So, let's look at some examples: (And yes, your 15 or 16-year old may need re-directed by reframing as much as that two-year old.)

"Life is really simple, but we insist on making it complicated." (Confucius)

NEGATIVE WORDS

NO hitting!

NO running!

STOP THAT!

NO shouting!

Don't touch that!

REFRAMING WITH POSITIVE WORDS

"Friends don't know what you want when you hit them. What can you say to Suzy so that she knows you want a turn?"

"Show me how you can walk instead of running. I know you have lots of energy, but you might hurt yourself or someone when you run."

"Let's take minute & pause... (maybe take deep breaths.) Take the time to connect -& YES this takes time, but in the long run you may know what caused the behaviors."

"Some of your friend want quiet time. Let's whisper (you need to whisper too!)"

"This (hold the object) is very breakable. We can look at it but not touch with our hands"

So stay tuned for more lessons on the importance of being able to problem solve and learn to reframe. All of this is connected to regulating functions that override the impulses of the brain stem (fight or flee impulses), and the limbic system. Then we go full circle to the fact that parts of the brain that requires "relaxed alertness fostered by positive emotions"* requires us to use "words to love by."

Sources

Conscious Discipline.com
<https://www.verywellmind.com>
Chin R. Reyes (2020)

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
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Wray - 970.332.3133
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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