



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## LET THEM BE LITTLE

I've often wondered how is the best way to tell parents (e.g. those who need control) to let their child become themselves. Children need to explore, grow and learn in their own time and way. I found this quote by Magda Gerber; "Let the child be the scriptwriter, the director, and the actor in his own play" This quote makes it easier to understand why children need to plot their own adventure to adulthood, and we need to let them.

If you look at a child's life as a movie; as the quote states, the child has all the key roles.' So what are we caregivers then? Caregivers are the supporting cast, the stunt doubles, and even the critics. Have you ever seen a movie where it has just one character? I have not, and I would not be interested in watching it. Sometimes in the movies you find that one supporting character that pulls at your heart strings, or does a great job of helping the leading character. Part of the caregivers' job to support, and find a place they fit in the child's life; not taking over or overshadowing a child's need to explore, create and/or be the star of his/her movie.

Caregivers can help make the child a better person and a better adult. Caregivers try to keep children away from problems and situations that could cause harm. They help protect the child with support on how to handle emotions, situations, and guide them in self-regulation. Adults also allow

them to venture out, yet standing close and being there when needed. As a critic giving advice, discipline, structure and routine. Most movies with bad reviews have more attendance when a critic has stated that it was not worth seeing. That's what critics do; critical parenting makes a child feel insecure. We help children by letting them discover the world, and still we can give advice to help them build their own person.

Children need to be allowed takes and retakes of life. If they do not succeed in a task, support them in trying to finding a new way to do it. Allow them to fail, but it's okay to be there to help brush them off and encourage perseverance and resilience. Allowing your child the spot light for their development into an adult is a big fete in itself. Letting go and becoming a spectator is a challenge most caregivers face. It is more about being the supportive cast in the child's play called 'life.' When we do this it allows them to become the lead, and we can continue to take the supportive role.

"Protecting them from the world should not be our priority: preparing them to protect themselves in the world should be."

# MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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