



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

REBOOT, RETHINK AND LET US NOT OVERREACT

Have you ever wondered about how someone learns how to stay calm in situations? How do they address problems without losing their composure? We can say it is their temperament or their personality. Sometimes we even say; "It's the way they were raised."

So, what does it truly mean when you say 'it was the way they were raised?'

After all these years, the great nature vs. nurture debate still rages on. Is it the family or is it the world that makes a child the child they are. I have said and will always say that it is both, Like both sides of the coin, both make it complete. So, once again how does this play into the calm, self-regulated person we see and encounter? Child do lots of 'monkey see monkey do' as they grow, and they learn more then you realize by watching and observing adults in their worlds We need to remember that life is much more complicated for children; they love in several environments in today's world: child care, preschool, grandparents who are caregivers too and of course that big step into Kindergarten.

Children are led by example:

Good example: "Saying 'please and thank you.'

Bad example: Swearing at another driver or stomping our foot when we disagree with someone.

They see adult behaviors and they take it all in. So, we adults need to remember this and keep this in order to help guide the children to be able to regulate themselves. This will help them handle situations appropriately. As the adults, we need to remember this when we are angry, upset or even hurt. Stepping back and re-framing the situation. Then reboot, decide how best to respond to the situation. Then follow through with your actions.

Once you have dealt with the situation then you and the child can have a discussion about what you felt. And yes, it is okay to share your feelings in that moment. Say to young children, 'that person must be in a big hurry to pull in front of me. Maybe we need to sing a really loud song.' Even in the moment of feeling angry and wanting to yell some bad words, just say things like 'fiddle sticks' or even 'shitake mushrooms.'

After those moments you can come back and regroup and let the child know you were angry or upset and you could have handled it better when you lash out or give in to those strong emotions. Children need to learn repair as well; we are not all perfect, but we try. Embracing what we did wrong and saying what we should have done shows children that we all mess up, but we can all learn and try to be better next time.

These are little ways to help your child learn the importance of regulation and self-awareness. We adults, whether we like or not, are teachers to the youngest. How we are perceived by handling conflict, emotions, disappointment and grief is magnified for them. They will learn from our reactions and responses to tough times and difficult people. They are "little human beans" and they learn about life through us. Embrace the challenge of building a better tomorrow by remembering to show a little more compassion to our littles.

"Little eyes, ears, and hearts are always watching. Be what you want them to see."
Tracy Nolin Beerman

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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