



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

PARENTS AND TEACHERS ARE PARTNERS

As we are heading back or just beginning a new chapter in your child's life, this is a time filled with excitement, dread, and concern. First, as a parent we want to ensure that our child is safe; also we want the best for them. Sending them out into a new experience that you only get third hand knowledge of is hard. You have to trust some people you don't even know. How do you allow your child to have wings, and yet make sure they are safe?

First and foremost, you need to build a relationship with the teachers and those caring for your child. Seeing them as a partner and a support system, not only lessens the concerns you may have, it also gives your child the comfort of knowing that you are content with them being at school. Teachers usually are great allies for them as well.

Research shows that close relationships formed in early childhood can impact children's social-emotional and academic

skills. Same research shows that conflictual relationships have a negative impact on the child's well-being and development. Healthy relationships help children grow into strong individuals who feel like they can conquer the world. When kids have good relationships with adults in their lives, they feel more confident and can face challenges better.

Parents and teachers need to come together as a team, but parents remember that you are the expert of your child. Work in a partnership with your children's teachers, knowing that you both want the best for your child. When conflicts arise, talk to the teacher. Discuss the concerns, issues and the situation with the teacher. Leave the child out of the conflict. It is not beneficial for the child to feel like taking sides as that will break away at the relationship the teacher is building. Building a warm, trusting and learning relationship with the teacher has benefits far beyond just this year.

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



AMY NATION, MA, IMH-E® INFANT FAMILY SPECIALIST

EARLY CHILDHOOD MENTAL HEALTH CONSULTANT

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Ages 0-5

Covers the following counties:
Logan, Morgan



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Ages Prenatal-5

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

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

WWW.CENTENNIALMHC.ORG

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



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Ages 0-5

Covers the following counties:
Morgan, Washington
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Ages 0-5

Covers Elbert, Kit Carson,
& Lincoln Counties