



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

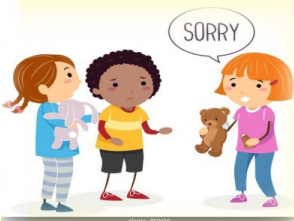
MOVING LIVES FORWARD

## WHAT CHILDREN LEARN THROUGH PLAY



Imagination (to inspire increased engagement, independent learning, creativity, hands-on learning, vocabulary enrichment, and expanded perspectives)

Language Development and Vocabulary Skills (learned through increased self-awareness, communication skills, shared expertise, social engagement, and bilingual opportunities)



Social Skills (etiquette, independent problem-solving, empathy development, less exposure to negative aspects of technology, emotional intelligence, conflict resolution skills, and the foundational skills for academics)

Math and Spatial Understanding (spatial awareness, foundational vocabulary for math, real-world applications, the perception that math is fun, developmentally appropriate education, and foundational concepts)



Executive function and self-regulation skills provide critical supports for learning and development, and while we aren't born with these skills, we are born with the potential to develop them through interactions, practice, and play!

Songs or chants with simple hand motions are a lot of fun for infants, and develop self-control and working memory as well as language. Infants can learn to copy the movements to a song and, with practice, will remember the sequence.

Activities that support a state of mindfulness, or a nonjudgmental awareness of experiences, may help teens develop sustained attention, reduce stress, and promote more reflective decision-making.

During imaginary play, children develop rules to guide their actions in playing roles. They also hold complex ideas in mind and shape their actions to follow these rules, inhibiting impulses or actions that don't fit the "role."

# MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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

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#### **Ages 0-5**

Covers the following counties:  
Logan, Morgan



## SHANNON PARKER, MA ECE/ECSE IMH-E® INFANT FAMILY SPECIALIST

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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 Elbert, Kit Carson,  
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#### **Ages 0-5**

Covers the following counties:  
Morgan, Washington  
& Yuma



## SHANNON HARRELL, BA, ECE

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#### **Ages 0-5**

Covers Elbert, Kit Carson,  
& Lincoln Counties