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**

Infant/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

**Erin Pounds, MS, IMH-E® Infant Family Specialist**

Infant/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 0-5 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

**Amy Dulin, M.Ed.**

Infant/Early Childhood Mental Health Consultant 650 E Walnut Elizabeth, CO 80107 Phone (303) 646-4451 Amy.Dulin@centennialmhc.org

Ages 0-5 Covers Elbert, Kit Carson, & Lincoln Counties

**Shannon Harrell, BA, ECE**

Infant/Early Childhood Mental Health Consultant 650 E Walnut Elizabeth, CO 80107 Phone (303) 646-4451 Cell (970) 571-5966 Shannon.Harrell@centennialmhc.org

Ages 0-5 Covers Elbert, Kit Carson, & Lincoln 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 - 719.474.3769
- Limon - 719.775.2313
- Sterling - 970.522.4392
- Wray - 970.332.3133
- Yuma - 970.846.5412

www.centennialmhc.org Centennial is an equal opportunity provider and employer.

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