



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

UNDERSTANDING EMPATHY

Empathy is the ability to imagine someone else's feeling in a situation. Children are not born being able to do this, as they develop they learn skills that help them grow this important quality.

At 6 months they start to social reference. This is being sensitive to a parent's reaction to a new person or situation. The child observes the parent if this person or situation is good for them.

Around 18 to 24 months the children begin to realize they have their own thoughts, feelings, and that their ideas and thoughts are different from others around them. Also, during this time they begin to recognize themselves in the mirror which leads to autonomy of being a separate person.

All of these milestones lead to the eventual ability to take another perspective and valuing others as well. So, you may ask, what can you do as caretakers to help with this skill building?

1. Empathize with your child. For example, feeling "Are you scared of that dog?"
2. Talk about others' feelings.
3. Suggest how children can show empathy.
4. Read stories about feelings
5. As a caretaker exemplify what empathy looks like.
6. Use "I" messages.
7. Validate your child's difficult emotions.
8. Use pretend play.

Like all skills practice and understanding will lead to the child gaining this important life skill.

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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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 you
can call 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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Ages 0-5

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Ages 0-5

Covers Elbert, Kit Carson,
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