



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

TALKING POSITIVELY WITH YOUR CHILD

We all have an inner voice. One that tells us what to think about ourselves and our abilities. Just as children learn other skills from adults in their lives, they learn how to feel about themselves from us as well. Children who have been spoken to positively learn to think about themselves in a positive way. They develop a belief in their abilities and are better equipped to handle life's challenges. When we speak positively to children, we are empowering them to become resilient.

As a caregiver, it is important to not only model healthy coping skills but to also model positive communication. Communicating with your child in a positive way also strengthens your relationship with your child. Communication is vital when it comes to healthy relationships and it shows children how to react and respond to others in their surroundings. When you establish a positive relationship, it will make the times you do need to redirect and correct behavior go more smoothly. Communicating effectively with your child will help show them that you care about them and respect their feelings, and in turn will encourage them to be kind and respectful to others. Remember that being a caregiver can be challenging and it's ok to step away and take some deep breaths before speaking to your child. Don't be afraid to acknowledge when you've made a mistake or said something you regret. Use positive talk with yourself, too. Remember, you are helping to raise a resilient child.

Here are some tips to assist in positively communicating with your child:

- Let your child finish talking before you respond
- Avoid criticism
- Set clear expectations with them
- Use language your child understands
- Be a good role model
- Be aware of what tone of voice you're using with them
- Use affirmative language (say "Remember" instead of "Don't forget")
- Use loving names and positive labels
- Get down on your child's eye level and reduce distractions
- Speak positively about your kids when they are around.

Sources:

<https://raisingchildren.net.au/toddlers/connectingcommunicating/communicating/communicating-well-with-childre>

Speaking Positively to Children | Psychology Today

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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Ages 0-5

Covers the following counties:
Logan, Morgan

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.



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Morgan, Washington
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For additional support you
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Elizabeth - 303.646.4519
Fort Morgan - 970.867.4924
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