



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

SUMMER HOMEWORK FOR PARENTS

As we are finishing up the school year, many of us are enjoying the time of limited schedules and demands that a normal school year has. Others may have increased stress and demands due to other activities that occur during this time of the year. We as caregivers need some support in how to connect with and handle the children when they have some dysregulation or behaviors that we do not feel are appropriate.

Let us say this is going to be homework for caregivers. These tools help give you other ways to handle or how to manage the situation that has arisen. One tool is: "Time-In" and the other involves using words around emotions.

Time-In is a new concept that is a spin on time out. Time-In requires a caregiver to help and support the child through the emotional time. This allows for the child to see that you want and do care, but more importantly, that they are safe. It requires you to remain calm and help the child through this time.

The other way of using your words helps you find ways to discuss a child's feelings and emotions. Giving them ownership, control and understanding of these strong feelings as well helps them be able to work through their emotions and begin to understand them more.

We hope that this will help you be able to enjoy the time you have with your children and let them know how important they are in your lives. The Early Childhood Mental Health Team is here to support you as well. We are not only available during the school year; we are here to help all year round. So, if you need some more support or resources please reach out to anyone of us. Have a fun summer!

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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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Ages 0-5

Covers the following counties:
Logan, Morgan

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

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Morgan, Washington
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Ages Prenatal-5

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

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TIME-IN'S

P.E.A.C.E

1. PAUSE:



Ensure you are calm enough to help your child; put the oxygen mask on yourself first. You can't teach your child to swim if you're drowning.

IF NEEDED: deep breathe, take a walk, give yourself 10 min to calm down, tag another adult in



2. EMPATHY:

Validate their feelings:
"you're feeling so _____"

Mirror their emotion with your facial expression and tone of voice

3. ACCESSIBLE: (physically)



Stay close (ideally in the same room) and communicate "no threat" with your voice and body language (i.e., get on their level, soften your gaze, use light touch if they'll accept it)

4. CONNECT THE DOTS



Once the dust has settled, and both you and your child are calm (and your child is receptive) you can discuss different ways to get their needs met, other ways of coping with their feelings, or simply review what happened and how they felt leading up to the time-in to help promote neurological integration

5. ENGAGE



Help your child re-engage with their world. Assist them in finding a playmate, do an activity together, get their body moving, give them something purposeful to do (i.e. help you with a household task)



TIME-IN'S

WHY

Children need an attuned, physically safe relationship to regulate their emotions: co-regulation comes before self-regulation. Isolation can cause children to numb out & shut down

WHAT

A strategy to promote "co-regulation" and allow your child and you to connect in a safe way without the use of separation or fear-based discipline

WHERE

A place that is safe and quiet if possible (i.e. their bedroom)

HOW

- P- Pause
- E- Empathy
- A- Accessibility
- C- Connect the dots
- E- Engage

WHEN

A limit or choice hasn't worked, and your child is too dysregulated to engage in their world