

Reflections...



From our Parents

"It has been reassuring to hear that sometimes I already know what to do...that I just need to trust myself. Coming to therapy has helped me be more consistent with using my tools." (Mother of a 4-year-old boy)

"My significant other and I are working on getting on the same page, since we were raised with different parenting styles. We are figuring out what our own style looks like together so we can be better parents for our daughter." (Father of a 5-year-old girl)

"We're having more fun together. It's easy to forget to play with him when I'm so stressed out, but even doing this for 5 minutes a day has been nice." (Father of a 3-year-old boy)

"As a single mom, I felt so alone. It was nice to have someone else to help think about how to help my son through his tantrums." (Mother of an 18-month-old boy)

From our Therapists

"Through this process, parents really get to know their child, recognizing and building on their child's strengths, and ways to support and approach their child at a level that the child can understand."

"In therapy, parents and children grow together to reach a spot where they achieve their goals as a family, while also developing strong and healthy bonds in the process. It creates building blocks for the future."

"As parents, it is normal to worry about how your child is doing. It is common to wonder if we are doing this right. The beauty of therapy with young children is that it focuses all of these elements...teaching skills to the child, supporting their parents, and strengthening their relationship into bonds that will last a lifetime."



Catalpa Health is a one-of-a-kind, not-for-profit organization that specializes in building mental health and wellness in kids from birth to age 18 across the Fox Valley and northeastern Wisconsin.

Whether there are struggles with depression, anxiety, behavioral problems, anger or relationship issues, or other concerns, our goal is to provide children, teens, and their families the right care . . . at the right time . . . close to home.

Based in Appleton, we also have treatment centers in Oshkosh and Waupaca.

For directions and current office hours, please visit:

catalpahealth.org
www.facebook.com/catalpahealth

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United Way Fox Cities

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An Early Childhood Clinic

Specialized mental health care for families with children from birth through age 5





An Early Childhood Clinic

Sometimes parents of young children sense that their child might be having some kind of difficulty, but do not know exactly how to describe it, what to do – or where to turn for help. Parents may wonder...

- Is my child okay?
- Am I doing the right thing?
- Does my child love me?
- Am I good enough?
- Why is it difficult to bond with my child?



How do you know what is typical or what might need some extra attention?

Early childhood – birth through age 5 – is a time of rapid cognitive, emotional, and social development. Parents often wonder if their child is on track.

Some signs your child may benefit from therapy include:

- Being fussy for longer than expected or difficult to soothe.
- Outbursts that seem more than just a typical tantrum.
- Ongoing issues with sleeping or feeding.
- Behavioral challenges or difficulty with getting along with others in daycare or school settings.
- A change or stressful event – such as the birth of a new sibling, a recent move, or a change of caregiver.

You are not alone. Catalpa Health's *Seedlings* Early Childhood Clinic can help. Our clinicians:

- Have specialty training in developmentally appropriate, multi-generational care.
- Are sensitive to stress and trauma that might affect relationships and behaviors.
- Will join with you to explore how your child can reach their full potential.
- Are based at all of our treatment centers: Appleton, Oshkosh, and Waupaca.

What's the first step?

Call our Catalpa Access Line – 920-750-7000 to set up an appointment with one of our intake specialists.



What does early childhood therapy look like?

Services at this young age promote healthy attachment and emotional development. They prevent problematic emotional and behavioral patterns from turning into greater concerns later in life. Therapists and parents work together to identify the needs of the child and explore areas of challenge. Children learn about themselves and the world around them through their close relationships. Because of this, as parents, you are the experts about your child. Your involvement is key. In weekly or biweekly sessions, you will:

- *Learn* different ways to recognize and respond to your child's cues effectively.
- *Discover* strategies for addressing challenging behaviors.
- *Explore* ways to interact and play with your child that will foster a strong bond.
- *Enhance* your child's emotional development through your response to their cues.