SCHOOL READINESS CALENDAR

WORKING TO MAKE SURE ALL WELD COUNTY CHILDREN ARE VALUED, HEALTHY AND THRIVING

July 2019 to December 2020
We are so excited to bring you the school readiness calendar! This calendar will assist you whether you are a parent or caregiver to promote positive early learning experiences for your child. Did you know that 90% of a child’s brain is developed before the age of 5? You play a pivotal role as your child’s first teacher. This calendar can help. It was designed to offer you concrete, action-packed ideas for spending quality time with your child, suggested books to check out at your local library, a list of Weld County school districts, libraries, community resources, phone numbers and web resources to know.

Because children don’t come with instructions, we all need a little guidance on how to support our children. Be sure to visit the www.unitedway-weld.org/Roadmap4kids website where you will find resources on child development, school readiness, child care, nutrition, health and safety, activities, transportation, Colorado 2-1-1 Information & Referral Program, safety and crisis, parenting, physical and mental health. The Roadmap4Kids is available in both English and Spanish.

To find quality child care in your area, please call the statewide referral line at 1-877-338-2273 or go to www.coloradoshines.org to search online. To receive additional resources, please call us at 970-353-4300. Working together to ensure every child in Weld County is valued, healthy and thriving. Enjoy each and every day with your child; they grow up fast!

— Sheri L. Hannah-Ruh, Director
United Way of Weld County’s Promises for Children
814 9th Street  Greeley, CO 80631
Promises for Children

Vision
Every child in Weld County is valued, healthy and thriving.

Purpose
A diverse Weld County community partnership that increases the awareness of the importance of early childhood development and facilitates accessible pathways of services leading to lifelong well-being for all children prenatal to 8 years of age.

www.UnitedWay-Weld.org/PFC

Community-Wide Indicators

- Local resources for health, development, mental health, education, and family support are easily accessible for Weld County families.
- Weld County community partners actively participate to form a safety net of services that ensures all children and their families receive the help they need.
- Early childhood professionals receive training opportunities in best practices to increase their knowledge, skills, and the quality of care provided.
- Weld County children enter school ready to learn and continue to succeed as they progress, as demonstrated by the critical milestones of reading proficiently by fourth grade and graduating on time.

The Guidelines describe the path of children’s learning and development from birth to 8 years old. They’re designed so that everyone who cares for young children can play an important part in giving Colorado’s kids a healthy start.

The Guidelines are based on research and bring together widely accepted strategies to help children develop successfully. For the first time, experts from across Colorado have woven together their knowledge about these important years.

The Colorado Early Learning and Developmental Guidelines are a helpful resource whether you are a first-time parent or caregiver — or an experienced professional. The Guidelines describe kids’ abilities at certain ages and offer tips for how adults can help develop and support those abilities.

To find out more, visit www.earlylearningco.org
Available in English and Spanish
Welcome!
Starting school is so exciting!

This activity calendar will help your child get ready for that special time.

This calendar contains

• Ideas for fun things to do that will help your child get ready for school.
• How to use the library.
• Local places and resources you can go for help.

Important things to know

All children are different and need to learn at their own pace. This calendar will help you plan activities that will help your child develop the skills needed to start school. Children do better in school if they know more than just letters, numbers, colors and shapes. They should have good social and physical skills and enjoy new things. The checklist below will guide you as you work with your child to build those skills and get ready for school.

How young children learn

Children love to learn. They learn best through hands-on activities. In their early years, they use their senses—touch, smell, sight, hearing and taste—to understand the world around them.

It is our job as parents to make learning fun and enjoyable at every age. This helps your children develop physical skills, language, thinking and social skills that are important for their success in school.

How to use this calendar

The activities in the calendar are designed for 3, 4 and 5-year olds. They will keep your child busy and learning throughout the school and summer seasons. Use this calendar as a guide for fun ideas, but make up some of your own activities too. Be sure to include other family members and friends. Have a wonderful year together getting ready for the big day—going to school.

Having fun is an important part of learning!
Your child learns best when doing fun, interesting things with you.

Make every day for your child a Learning Day!
Off To A Great Start

The early years of a child’s life — from birth to age 8 — are critically important for learning and development. The Colorado Early Learning and Development Guidelines provide practical tips and points of reference that anyone can use to help kids grow. Whether we’re experts, early childhood teachers, first-time parents, or involved friends and neighbors, we all play a role in giving kids a strong, healthy start.

To find out more, visit www.earlylearningco.org. Available in English and Spanish.

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**Good Health & Well-Being**

My child:

- Eats a balanced diet
- Gets plenty of rest
- Sees the doctor & dentist regularly
- Is up-to-date with all shots
- Runs, jumps, plays outside and does other activities that provide exercise
- Plays with puzzles, scribbles, colors, paints and does other activities that help develop small muscles

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**General Knowledge**

My child:

- Is learning to sort and classify things
- Is learning to count and play counting games
- Is learning to name shapes and colors
- Makes and listens to music
- Has many chances to use imagination while playing

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**Language Skills**

My child:

- Has many opportunities to talk and listen
- Is read to every day
- Has access to books and other things to read
- Is learning about books
- Is learning to write his/her name and address

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**Social & Emotional Development**

My child:

- Is trying new things
- Is learning to work well alone
- Is learning to play with other children
- Is curious and wants to learn
- Is learning to finish what is started
- Is learning self-control
- Can follow simple instructions
- Helps with family chores

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**Attitudes Toward Learning**

My child:

- Likes to solve problems
- Can notice things that are the same and things that are different
- Gets to see and touch things, hear new sounds, smell and taste different foods and watch things move
- Pays attention during activities
- Is learning to follow simple one and two step directions
**Books to look for at your local library**

- **Book Fiesta! Celebrate Children’s Day/Book Day; Celebremos El día de los niños/El día de los libros**
  by Pat Mora, illustrated by Rafael López
- **Muu, Moo! Rimas de animales/Animal Nursery Rhymes**
  by Alma Flor Ada
- **The Rabbit Listened**
  by Cori Doerrfeld
- **Mae Among the Stars**
  by Roda Ahmed, illustrated by Stasia Burrington

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**Tips for Parents of Preschoolers**

**Read to your child every day.** Make this a warm and loving time when the two of you can cuddle close.

**Give everything a name.** Build your child’s vocabulary by talking about interesting words and objects. For example, “Look at that airplane! Those are the wings of the plane. Why do you think they are called wings?”

**Say how much you enjoy reading.** Tell your children how much you enjoy reading with him or her. Talk about “story time” as the favorite part of your day.

**Read with fun in your voice.** Read to your child with humor and expression. Use different voices. Ham it up!

**Know when to stop.** Put the book away for a while if your child loses interest or is having trouble paying attention.

**Be interactive.** Discuss what’s happening in the book, point out things on the page, and ask questions.

**Read it again and again.** Go ahead and read your child’s favorite book for the 100th time!

**Talk about writing, too.** Mention to your child how we read from left to right and how words are separated by spaces.

**Point out print everywhere.** Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.

**Get your child evaluated.** Please be sure to see your child’s pediatrician or teacher as soon as possible if you have concerns about your child’s language development, hearing, or sight.

[www.ReadingRockets.org](http://www.ReadingRockets.org)
CEEN Head Start and Early Head Start are federally funded programs serving eligible children in Weld County with infant, toddler, preschool and family services at no cost to families. Colorado Early Education Network (CEEN) provides Head Start and Early Head Start center-based services in Weld County, Colorado. Many of the communities served are small, rural, and separated by large distances; the largest community is the city of Greeley. CEEN is a comprehensive program that focuses on early childhood development, health, nutrition, mental health, family partnerships and works extensively with families and children with disabilities.

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<td>Is your child eligible for Head Start?</td>
<td>Find School Readiness resources at:</td>
<td>Help your child make patriotic decorations for your home</td>
<td>Independence Day</td>
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<td>During bath time, talk with your child about the importance of being clean</td>
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<td>Contact your local school district to enroll your 3 or 4 year old in preschool</td>
<td>Read, tell &amp; discuss stories that have interesting characters and easy-to-follow plots</td>
<td>Have your children come up with a story based off items in a basket</td>
<td>Have a concert with instruments made from items around your home</td>
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<td>Take a walk outside and look for insects and animals</td>
<td>Provide simple definitions to new words. Try to enrich and expand your child’s vocabulary</td>
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<td>Read and sing nursery rhymes with your child</td>
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<td>Fill a container with dirt and small toys, then let your child dig for treasure</td>
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<td>Parents’ Day</td>
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<td>When your child speaks to you, model good listening behavior. For example, pause an activity and make eye contact</td>
<td>CEEN has a total of 12 centers located in Weld County; centers are located in Greeley, Miliken and LaSalle. CEEN Head Start serves eligible children, 3 - 5 years of age, throughout Weld County from August through June. The total funded enrollment is 562 children. CEEN Early Head Start serves eligible children, 6 weeks-3 year-round. The total funded enrollment is 48 children.</td>
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The number of words your child hears before he starts school helps to make him ready for school! Increase the amount of talking, playing, and encouragement you do with your child every day. Here are some good things to keep in mind:

- Tell your child you love him often, even when he is playing alone. Use lots of hugs, kisses, and loving comments with your child every day.
- Praise your child often using “I like” statements such as “I like it when you...” Even if your child is having a tough day, you can always praise their effort, cooperation, or success.
- We all need to hear more encouragements than discouragements. Try the 5 to 1 rule. For every 1 negative thing you have to say to your child, say 5 genuinely positive things to them, also.
- Most of children’s language learning comes from what they hear or observe other people saying around them. Be aware of what your child is hearing, as they will pick up on it!
- The more you talk, the more words your child will learn!
- Give your child time to respond after you ask a question. He may need to pause longer than an adult does to formulate his answer.
- When reading to your child, turn it into a conversation. Ask him about what he sees in the book, or what he thinks about what a character said or did, and wait for his response. Even if this reading time only lasts a few minutes, every word counts!
- Children’s books contain more rare words than adult television shows do! Your local library is a great resource for new and different children’s books (but if your child wants the same book over and over, that’s okay, too!)
- When going somewhere in the car, riding the bus, out for a walk, or shopping at the grocery store, start up a game of “I Spy” with your child. To keep the conversation going, it’s okay to prompt them, ask them questions, restate what they have said, and explain your own answers.
- Remember that your relationship with your child is their foundation for life!

Books to look for at your local library:

- **Why the Face** by Jean Jullien
- **Sylvia Long’s Big Book for Small Children** by Sylvia Long
- **We Don’t Eat Our Classmates** by Ryan T. Higgins
- **The Day You Begin** by Jacqueline Woodson. Illustrated by Rafael López.
- **Best Friends at Skool** by Antoinette Portis
- **Abuela** by Arthur Dorros, illustrated by Elisa Kleven
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<td>Colorado Day</td>
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<td>Contact your local school district to enroll your 3 or 4 year old in preschool</td>
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<td>Play “I Spy”</td>
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<td>Jump in place while counting to 10</td>
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<td>Use chalk to draw and write on the sidewalk</td>
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<td>Find Child Development resources at:</td>
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<td>Read everything</td>
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<td>At the end of the day, talk to each other about your day, and about what to expect tomorrow</td>
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<td>Visit the library and check out a music CD with your child</td>
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Bright by Text sends free games, tips, and resources right to your cell phone. Messages are targeted to the child’s age and include information on child development, language and early literacy, health and safety, behavioral tips, and more! Parents, grandparents, babysitters, aunts, uncles, neighbors, friends, teachers, and anyone else who’s interested can sign up! *Message & data rates apply. Text STOP to 274448 to stop. Text HELP to 274448 for help.

Text: BRIGHT to 274448

Visit the library and check out a music CD with your child

Help your child practice writing their name

Use chalk to draw and write on the sidewalk

Read everything

At the end of the day, talk to each other about your day, and about what to expect tomorrow

Find Child Development resources at: www.UnitedWay-Weld.org/ROADMAPKIDS

Contact your local school district to enroll your 3 or 4 year old in preschool

Help your child go outside and make mud pies

Bright by Text sends free games, tips, and resources right to your cell phone. Messages are targeted to the child’s age and include information on child development, language and early literacy, health and safety, behavioral tips, and more! Parents, grandparents, babysitters, aunts, uncles, neighbors, friends, teachers, and anyone else who’s interested can sign up! *Message & data rates apply. Text STOP to 274448 to stop. Text HELP to 274448 for help.

Text: BRIGHT to 274448
As a parent or guardian, you are the best advocate to ensure that your child receives a quality education

Encourage learning at home:
• Parents must not only supervise homework, but create a comfortable location for doing homework, turn off the television set and eliminate any other distractions such as loud music.
• Help your child develop organizational skills to create a foundation for academic success.
• Simple steps like making sure there is sufficient work surface to spread out books or providing proper lighting, school supplies, and having a dictionary on hand can make homework easier to complete.

Work with your child’s teacher:
• Regular communication between parents and teachers is key to improving student achievement.
• The more teachers know about your child’s daily life, language, and culture, the more they will be able to make lessons more meaningful and connected to your child’s experiences.
• A parent-teacher conference is an ideal opportunity to provide valuable insight in how to motivate your child to become an active learner.
• Working together, parents and teachers can help students overcome negative social stereotypes and defeatist attitudes that inhibit academic success.

www.NEA.org

Books to look for at your local library

Last Stop on Market Street
by Matt de la Peña, illustrated by Christian Robinson
Baloney (Henry P.)
by Jon Scieszka, illustrated by Lane Smith
From North to South/ Del norte al sur
by René Laínez, illustrated by Joe Cepeda
Stand Tall, Molly Lou Melon
by Patty Lovell, illustrated by David Catrow
Llama, Llama Loves to Read
by Anna Dewdney
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<td>Make leaf rubbings with your child</td>
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<td>Collect leaves with your child and help them make a collage</td>
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The Health Care Program for Children with Special Needs (HCP) is a community resource for families and health care providers of children (birth to age 21) with special health issues that have, or are at risk for, serious physical, behavioral, or emotional conditions and help connect them with medical, mental, oral health, psychosocial, early intervention, education, and family support resources in Weld County.
Because children do not come with instructions, all of us need a little guidance on how to support our children.

- RoadMap4Kids is a resource to help those caring for children support kids’ education and growth.

- The goal of the roadmap is to connect parents and caregivers with the resources for children, prenatal-8 years of age, in Weld County so that all children grow up healthy, active and thrive in school.

- With guidance and support, caregivers can become increasingly involved in home learning activities and find themselves with more and more opportunities to teach and guide their children.

- The United Way of Weld County Roadmap4Kids is available in both English and Spanish. If Spanish websites were not available for that particular resource, then they are connected to the English website.

- If you cannot find a resource under a particular category, simply click on 211 information and type in a keyword search.

- I encourage you to use this resource for yourself and pass this along to the friends & families.

Books to look for at your local library

- Nerdy Birdy by Aaron Reynolds, illustrated by Matt Davies
- The Big Umbrella by Amy June Bates & Juniper Bates
- A Chair for my Mother by Vera B. Williams
- Ribbit! by Rodrigo Folgueira, illustrated by Poly Bernatene
- Mango, Abuela, and Me by Meg Medina
- The Things My Grandmother Says/Qué cosas dice mi abuela by Ana Galan

Learning begins before a child starts school.
**October 2019**

The Colorado Preschool Program (CPP) is a state-funded early childhood education program administered by the Colorado Department of Education. CPP provides the opportunity for eligible children to attend half-day or full-day preschool or full-day kindergarten.

Stay connected: www.coloradoofficeofearlychildhood.com or contact your local school district.

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<td>As you shop for foods, name the colors you see with your child</td>
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<td>Contact your local school district to enroll your 3 or 4 year old in preschool</td>
<td>Child Health Day</td>
<td>Have your child read you their favorite story</td>
<td>Use bubbles and encourage your toddler to catch them</td>
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<td>Look at a world map with your child</td>
<td>Columbus Day</td>
<td>Play pattern games outside: stomp-stomp-clap, jump-clap-jump</td>
<td>Help your child make up a song about their favorite animal</td>
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<td>Provide and encourage your baby to play with bath toys by scooping and pouring</td>
<td>Help your child learn to spell their name</td>
<td>Place objects of interest just beyond your baby’s reach to encourage stretching and body coordination</td>
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<td>Make a garland of paper flowers to decorate your home</td>
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<td>Find School Readiness resources at: <a href="http://www.UnitedWay-Weld.org/PFC">www.UnitedWay-Weld.org/PFC</a></td>
<td>Read a Halloween story</td>
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Learning begins before a child starts school.

Before entering kindergarten, children should have basic knowledge of themselves, their families, and the world around them. Through play and interactions with caring adults, children can come to school with many skills that teachers can build upon.

www.UnitedWay-Weld.org/PFC
5210 Every Day

- **5 or more fruits and vegetables:** A diet rich in fruits and vegetables provides vitamins and minerals important for growth and development and a healthy immune function in children. Try to set an example by filling half your plate with colorful fruit and vegetables at each meal.

- **2 hours or less of recreational screen time:** Strive to limit recreational screen time to 2 hours or less. Recreational screen time includes TV, computer, PlayStation, or Gameboy. All are important to limit. Children who watch too much television tend to snack more and be overweight, have lower reading scores, and increased attention problems. Make a list of fun activities to do instead of sitting in front of a screen. Enjoy meals together as a family around the table, turn off the TV.

- **1 hour or more of physical activity:** Kids and adults need to get at least an hour of physical activity each day. Children who are active with their families are more likely to remain active as an adult. Let physical activity be fun! Take a walk or bike ride with your family, pet, or friend. Take the stairs instead of the elevator, and park the car at the end of the parking lot. Make it easier by making gradual changes to increase your level of physical activity.

- **0 sugary drinks, more water & low-fat milk:** The goal is to drink no sugary drinks, more water and low-fat milk. Try water and low-fat milk instead of soda and drinks with lots of sugar. If you choose to serve juice, buy 100% juice and limit to no more that 4-6 ounces for children 1-6 years old, and 8-12 ounces for children 7-18 years old.

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**Books to look for at your local library**

- *We Like to Nurse* by Chia Martin
- *If My Mom Were a Platypus: Mammal Babies and Their Mothers* by Dia L. Michels
- *From Seed to Plant* by Gail Gibbons
- *The Day the Crayons Quit* by Drew Daywalt
- *Only One You/Nadie Como Tú* by Linda Kranz, translated by Teresa Mlawer
One out of four children ages 2-4 are overweight or obese in Weld County. Obesity can lead to health problems in childhood and adulthood. Childhood obesity may be prevented by adopting a healthy lifestyle. Being physically active improves brain function and helps children learn. For more information on preventing childhood obesity and adopting a healthy lifestyle, visit www.weldhealth.org

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<td>Daylight Savings Time Ends</td>
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<td>Contact your local school district to enroll your 3 or 4 year old in preschool</td>
<td>Let your child vote for what to have for dinner</td>
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<td>Go for a walk together as a family</td>
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<td>Name three foods that are red</td>
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<td>Veterans Day</td>
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<td>Talk to your child about the importance of veterans and freedom</td>
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<td>Make a red, white and blue handprint wreath with your child</td>
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<td>Start a garden with your child</td>
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<td>Play a game of “Tag”</td>
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<td>Practice jumping, throwing and catching a ball</td>
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<td>Have a picnic in the living room</td>
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<td>Talk with your child about balanced nutrition and exercise</td>
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www.UnitedWay-Weld.org/PFC
Ten Things You Can Do Today to Help Your Child Read and Succeed in Weld County

• With your baby - snuggle up with a book; when you hold your baby close and look at a book together, your baby will enjoy snuggling and hearing your voice as well as the story.

• With your baby – choose books with bright and bold or high-contrast illustrations that are easier for your baby to see.

• With your toddler – keep it short, simple, and often. Toddlers have shorter attention spans than babies! Relax and read a little several times during the day.

• With your toddler - strive to not get bored as they often want to have you read and reread their favorite stories.

• Share how much you enjoy reading or stories that you learned as a child.

• It’s OK to stop before finishing a story. If your child loses interest, put the book away for a while.

• Preschoolers often want to discuss what is happening or what they are seeing in pictures. Enjoy the discussion!

• Point out letters and words when traveling. This is anything from pointing to a truck and asking what it is to asking your child whether they recognize letters/words printed on a sign. Make letter and word finding fun.

• Sing, read, and repeat! Children enjoy knowing what comes next and the repetition of favorite songs and stories strengthen language development and positive feelings about reading.

• Talk with them! When they are very young, you will mostly be talking to them; but, at all ages, they are learning vocabulary and how to interact with others. Wonderful skills for their success.

Books to look for at your local library

- **Peek-a-Who?** by Elsa Mroziewicz
- **Car, Car, Truck, Jeep** by Katrina Charman
- **Everybody Goes Nighty-Night** by Sandra Magsamen
- **Hi-Five Animals** by Ross Burach
- **Crunch, the Shy Dinosaur** by Cirocco Dunlap
- **Sweet Dreams/Dulces Sueños** by Pat Mora, illustrated by Maribel Suarez

It’s time to curl up with a good book.
## December 2019

### National Read a New Book Month

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<td>Contact your local school district to enroll your 3 or 4 year old in preschool</td>
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<td>Find the number “5” on different things today</td>
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<td>Go for a walk with your child</td>
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<td>Make-up silly stories together – make your own books</td>
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<td>Make handmade holiday gifts with your children</td>
<td>Play word games – what words sound the same, what words rhyme</td>
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<td>Visit the library and find new books to read together</td>
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<td>Tell or read stories and sing songs that you enjoyed when you were a child</td>
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<td>Read a Christmas story with your child</td>
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<td>Winter Solstice</td>
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<td>Hanukkah Begins</td>
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<td>At the grocery store, let your child help you pick out items on your list</td>
<td>Christmas Day</td>
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<td>Find Activities resources at:</td>
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### December is the right month to cuddle-up and try new books together. The public library is the place to find those stories as you can borrow them and return them when you are done. As a tax-funded resource, the library is for everyone! Not sure how to choose a good book? Ask staff for help or attend a story time program and be introduced to new stories and songs! Weld County is primarily served by the Clearview Library District (https://clearviewlibrary.org or 970-686-5603) and the High Plains Library District (http://www.mylibrary.us or 1-888-861-7323).
Children who are most ready for school often have parents who do these 5 things

- **READ!** Read to your child every day. Have books in every room and in the car. Read favorite books so often that you and your child have them memorized. Visit your local library with your child in order for your child to explore different books.

- **TALK!** Developing your child’s oral language skills is a crucial part of preparing her for preschool. Turn off the movie in the car and engage your child in a discussion about the world around your child. Ask questions. Talk about nature, and colors, and letters, and feelings.

- **PLAY!** Spend time every day on the floor playing with your child. Encourage pretend play and role playing. Get messy! Laugh and have fun together. Offer your child time to play by alone, giving the opportunity to decide what to do.

- **ENCOURAGE INDEPENDENCE!** Children who are able to take care of some of their personal needs do better at the beginning of preschool than children who rely on adults for everything. Make sure your child has shoes that they can put on themselves. Allow extra time before you need to leave the house each day so that your child can put on their own shoes. Encourage independence with self-care needs.

- **PRACTICE!** Give your child time away from you. Practice separating and giving your child a little bit of space. Take your child to a children’s music class or story time at the library where your child can begin interacting with other same age children.

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**Books to look for at your local library**

- *The Night Before Kindergarten* by Natasha Wing
- *The Kissing Hand* by Audrey Penn
- *Luisito's Island/La isla de Luisito* by MariTere Bella
- *On the Way to Kindergarten* by Virginia Kroll
- *Kindergarten Rocks!* by Katie Davis
- *First Day Jitters* by Julie Danneberg
## Early Intervention Program

The Early Intervention program provides developmental supports and services to children birth through 2 years of age who have special developmental needs. It can help improve a child's ability to develop and learn. It can also help families learn ways to support and promote their child’s development within their daily activities and community life. For more information, contact Envision at 970-313-2629

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<td>Practice singing the ABCs with your child</td>
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<td>Have food at dinner that starts with the letters in your child’s name</td>
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<td>Sing songs and recite nursery rhymes and finger plays that include numbers</td>
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<td>Practice using preschool-safe scissors by cutting balls of Play-Doh</td>
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<td>Martin Luther King, Jr. Day</td>
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<td>Show a picture of Martin Luther King, Jr and talk about who he was</td>
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<td>Build and use a sensory bin</td>
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1. **Begin good dental care early.** Start cleaning infants’ gums even before teeth appear. Wipe infants’ gums after each feeding to remove germs. Once children have two teeth next to each other, adults can help them gently floss.

2. **Build on children’s early interest in brushing.** Toddlers and infants are likely to express a lot of interest in the care of teeth. They love to watch adults and older children brush and floss their teeth. Build in tooth brushing as a regular part of the mealtime routine in child care. Set a good example by brushing your own teeth after meals.

3. **Wait until children are 2 or 3 years old to start fluoridated toothpaste.** Clean teeth with water and a soft-bristled toothbrush. When children start using toothpaste after age 2 or 3, supervise brushing and make sure children use just a small smear on the brush. Children should spit out and not swallow excess toothpaste after brushing.

4. **Be sure each child has a personal toothbrush.** Label the brush with child’s name. Replace worn brushes every three to four months. Store toothbrushes in a covered area out of children’s reach.

5. **Avoid sharing the toothpaste tube.** Children who use the same tube may spread germs.

6. **Teach children how to brush.** Children should brush their teeth in a circular motion on both the inside and outside surfaces of teeth and gums. Remind children to brush top to bottom and back to front. This habit will help ensure that all tooth surfaces are brushed. A quick brush on the tongue and a swish of water will complete the job. Whenever it is not possible to brush after meals, have children rinse out their mouths with water.

7. **Store toothbrushes upright.** Place brushes bristle end up and not touching each other.

8. **Keep brushes clean.** Wash children’s toothbrushes at least once a week with soap and water. Washing brushes in the dishwasher may be convenient. Remember to rinse well with water.

9. **Check on fluoride use.** Check to see if your community fluoridates its water. Fluoride helps prevent tooth decay by strengthening tooth enamel. Fluoride in drinking water can reduce tooth decay by 15 to 40 percent.

10. **Serve healthy foods to help children keep teeth healthy.** Avoid or limit sweet drinks, candy, jelly, cake, cookies, sugared gelatin and sticky fruits such as dates or raisins. When you do serve sweets, make sure that children eat them at one sitting. Eating a cookie at snack time is better than sucking on a lollipop or hard candy all afternoon.

11. **Avoid Baby Bottle Rot.** Do not put babies into cribs with a bottle that contains milk, formula, fruit juice, or any other liquid other than water. Set up a specific feeding routine for children. Do not allow children to carry a bottle around all day. Never dip a pacifier in any type of sweetened syrup or liquid. Use a bottle only to feed formula, breast milk, or water to infants. Avoid putting sweetened liquids such as juice or soft drinks in a bottle. Teach infants to drink from a cup at 6 to 9 months of age. Discontinue the use of a bottle as soon as possible after 12 months of age.

**Books to look for at your local library**

- **Fly High!: The Story of Bessie Coleman** by Louise Borden & Mary Kay Kroeger, illustrated by Teresa Flavin
- **The Story of Ruby Bridges** by Robert Coles, illustrated by George Ford
- **Mouse Paint/Pintura de ratón** by Ellen Stoll Walsh
- **My Granny Went to Market** by Stella Blackstone and Christopher Corr
- **Max and the Tag-along Moon** by Floyd Cooper

**Healthy Teeth Make Healthy Bodies**
### Dental Health Month

**Dental Health is important.**
Dental screenings at an early age demonstrate that children receiving two treatment rounds, each year, can reduce cavities by greater than 50 percent, and three treatments eliminated new cavities altogether. Untreated decay is reduced by 11 percent, and studies show that children with healthy dental hygiene indicate higher literacy rates by third grade.

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<td>Find the number “4” on different things today</td>
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<td>Teach children how to brush, floss and swish with water and why it’s important</td>
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<td>Make homemade Valentine’s Day cards with your child this month</td>
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<td>Read books together that prepare your children for their first visit to the dentist</td>
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<td>Show your child who the president is</td>
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<td>Find Physical &amp; Mental Health resources at:</td>
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<td>Talk with your children that teeth have important jobs – teeth help us smile, eat, talk and hold space for adult teeth</td>
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<td>Teach your child about what cavities are and how healthy eating helps fight cavities</td>
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<td>Use a cookbook to make a new recipe together with your child</td>
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www.UnitedWay-Weld.org/PFC

www.cavityfreekids.org
• Make half your grains whole. Check out MyPlate at choosemyplate.gov

• Aim for eating 5 servings of fruits and vegetables per day. Remember a serving of a given food is their age in tablespoons. So, a 3-year-old only needs three tablespoons of peas for a serving.

• Check out fruitsandveggiesmorematters.org for more info.

• Get active. Your child should engage in active play, both structured and unstructured for at least 60 minutes per day. Visit kidshealth.org for more information.

• Involve your child in meal planning and recipe selection. Give them 2 options and have them choose the meal for tomorrow night.

• Your child can help at the grocery store. Have them count things out. For example, if you need three peppers at the store, ask them to count them out as they put them into the bag. You can also ask them about colors, shapes, and textures.

• Ask your child to be your sous chef. They can help in the kitchen by dumping and mixing ingredients, washing produce, peeling or cracking eggs, peeling leaves off of herbs, shredding greens by hand, husking corn, snapping peas or beans, kneading dough, rolling dough with a rolling pin, and adding toppings or sprinkling cheese.

• Encourage your child to try new textures, colors, temperatures, and flavors of foods. Ask them to describe foods using their five senses: 1) How does it look? 2) How does it smell? 3) How does it feel? 4) How does it taste? 5) How does it sound? (crunchy, etc.). A child may need to try a new food 10-15 times before they like it!

Books to look for at your local library

Two-Bite Club/El Club de los Dos Bocados by USDA FNS

Very Hungry Caterpillar/La oruga muy hambrienta by Eric Carle

If You Give a Mouse a Cookie/Si le das una galletita a un ratón by Laura Joffe Numeroff

Cloudy With a Chance of Meatballs by Judi Barrett

Green Eggs and Ham/Huevos verdes con jamón by Dr. Seuss

Eat and drink the amount that’s right for you
# National Nutrition Month

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<td>Dr. Seuss' birthday - Read your favorite Dr. Seuss book</td>
<td>Find the number “3” on different things today</td>
<td>Make a puppet out of a paper bag or a sock</td>
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<td>Daylight Saving Time Begins</td>
<td>Contact your local school district to enroll your 3 or 4 year old in preschool</td>
<td>See how many times your child can hop on one foot</td>
<td>Count things like socks, beans, and buttons</td>
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<td>St. Patrick’s Day</td>
<td>See how many green things you can find</td>
<td>First Day of Spring - Plant some seeds with your child</td>
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<td>Eat an apple together and help your child count the seeds</td>
<td>Read a new story with your child, then ask them what their favorite part was</td>
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<td>Let your child splash in a puddle</td>
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<td>Weld County WIC seeks to provide credible nutrition &amp; breastfeeding education, community referrals &amp; supplemental, nutritious foods for our clients. To be served by Weld County WIC you must: 1) Meet the financial guidelines 2) Live in Weld County 3) Be a pregnant or postpartum woman, and/or be a guardian of a child under 5 years old. Have questions? Check out our website (weldcountywic.com) or give us a call (970-395-1113)! Want to find out if you’re eligible? Fill out our online form and we’ll get back to you: coloradowicsignup.com</td>
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Find Nutrition resources at: [www.weldcountywic.com](http://www.weldcountywic.com)
1. **Be informed.** Child sexual abuse is one of the most prevalent, most hidden risks that kids in our communities face. One in 10 children in the United States will be sexually abused before they turn 18.

2. **Keep your eyes and ears open.** Offenders operate by access, privacy, and control. Step back and consider who your child interacts with, where they interact, and how your child responds to these interactions.

3. **Teach children their boundaries.** Children have personal boundaries, and violating them is a form of abuse. Empower your children to understand their:
   - **Physical boundaries:** Who can touch them, how much, and where.
   - **Emotional boundaries:** How close they are to a person, how much time they spend with that person, and what information they share.
   - **Behavioral boundaries:** What rules they are to follow, and what they should or should not do.

4. **Say yes to “no.”** Give children ways to say “no” if someone tries to violate a boundary. Teach them to yell “Leave me alone,” or “My body is private.” Role-play to help kids get comfortable saying no, and let them know these phrases can be used for other children as well as adults.

5. **Let children get away.** Teach children to move away from anyone who is violating their boundaries and to tell another grown-up what is going on. Let them know that no one should be making them feel uncomfortable or asking them to keep “secrets.”

6. **Start talking – and keep talking.** Take the lead in talking to your children about what is healthy sexual behavior and what is unhealthy. Let everyone in the family know they can ask questions and talk freely. Continue to bring up the conversation as children learn and grow, so they always understand what’s appropriate and what isn’t.

7. **Stay on top of your children’s use of technology.** The Internet, email, instant messaging, webcams, social media sites, and cell phones create the illusion of anonymity. Monitor your child’s online behavior, and make sure your child’s interactions are visible and public.

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**Books to look for at your local library**

- *Good People Everywhere* by Lynea Gillen, illustrated by Kristina Swarner
- *We’re all Wonders* by R.J. Palacio
- *Miles is the Boss of His Body* by Samantha Kurtzman-Counter and Abbie Schiller
- *My Body! What I Say Goes!* by Jayneen Sanders and Anna Hancock
- *Jorge el curioso visita el acuario/* *Curious George at the Aquarium* by H.A. Rey

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**Help raise awareness and take action to keep kids safe and prevent abuse**
### Child Abuse Prevention Month

Everyone in the community plays a role in the prevention of child abuse and neglect. Colorado has one toll-free, confidential phone number to report child abuse and neglect 24/7, 365 days a year. **Report suspected abuse or neglect.** If you have reason to believe a child has been or may be harmed, call 1-844-CO-4-KIDS (5437) or your local police department.

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<td>5 Contact your local school district to enroll your 3 or 4 year old in preschool</td>
<td>6 Find Parenting resources at:</td>
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<td>8 Play games that involve taking turns</td>
<td>9 Find things that begin with the letter &quot;A&quot;</td>
<td>10 Play games or sing songs where your child can imitate your sounds and tone of voice</td>
<td>11 Island Grove Regional Park Events Center - Greeley, CO 10 a.m. - 3 p.m.</td>
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<td>12 Easter</td>
<td>13 Tax Day</td>
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<td>12 Provide opportunities for your child to listen to conversations and watch healthy adult interactions</td>
<td>13 Have your child guess what books will be about by looking at the covers</td>
<td>14 Play games that involve taking turns</td>
<td>15 Have your child read you their favorite book</td>
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<td>19 Earth Day</td>
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<td>19 Plant a tree or flowers with your child</td>
<td>20 Have your child guess what books will be about by looking at the covers</td>
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<td>26 Play games or sing songs where your child can imitate your gestures and facial expressions</td>
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<td>30 Make tissue paper flowers with your child</td>
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“Children are like wet cement. Whatever falls on them makes an impression.”

- Dr. Hiam Ginnot
• **Build Trust:** A child's relationship with a parent plays a large role in a child's mental health. Developing a feeling of safety and security starts with building trust between parent and child.

• **Foster Healthy Relationships With Others:** The relationship a child has with her parents is vital, but it's not the only relationship that matters. A mentally healthy child will have a number of relationships with other family members, such as grandparents and cousins, as well as friends and neighbors.

• **Be Consistent:** The importance of being consistent can't be overstated. Children crave a predictable environment, understanding what activity they are going to do next, whom they're going to be spending time with, what consequences will be if they break rules and what privileges they will receive for good behavior.

• **Develop Self-Esteem:** Helping a child develop their self-esteem, which can give a significant boost his mental health, is two-fold for a parent: First, you want to do your part in boosting your child's self-esteem. Second, you must teach your child how to develop his own self-esteem.

• **Be on the Lookout for Red Flags:** Some children are naturally a little self-conscious or a little more pessimistic than others. That's not necessarily a problem. However, there's a line where normal struggles turn into a reason for concern.

• **Seek Professional Help:** It's estimated that only 21 percent of children with a mental health issue actually get treatment. That means the vast majority of children with mental health problems aren’t getting the help they need.

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**Books to look for at your local library**

- *The Very Cranky Bear* by Nick Bland
- *Mouse Was Mad* by Linda Urban, illustrated by Henry Cole
- *The Way I Feel* by Janan Cain
- *A Kissing Hand for Chester Raccoon/Un Beso en mi mano* by Audrey Penn
- *Llama, Llama, Mad at Mama* by Anna Dewdney
- *The Princess and the Fog* by Lloyd Jones
### Mental Health Month

Be proactive about keeping your child as mentally healthy as possible. But if you see signs of a problem, talk to your child’s physician about your concerns. Early intervention can be key to treating problems as effectively as possible.

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<td>Screen Free Week</td>
<td>Contact your local school district to enroll your 3 or 4 year old in preschool</td>
<td>Cinco de Mayo</td>
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<td>Fill a container with dirt and small toys, then let your child dig for treasures</td>
<td>Play outside with your child</td>
<td>Have your child make a card for mom</td>
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<td>10 Mothers’ Day</td>
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<td>Mothers’ Day</td>
<td>Find Physical &amp; Mental Health resources at:</td>
<td>Name familiar people in photos; talk about who they are and what they are doing</td>
<td>Look for words that start with the same letter</td>
<td>Read books and talk about friends and friendships</td>
<td>Recognize your child’s preferences for playmates and encourage their interactions</td>
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<td>24 Memorial Day</td>
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<td>Provide opportunities to play routinely with the same children</td>
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<td>Play “which is bigger?” using animals</td>
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<td>Look for words that begin with the letter “M”</td>
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Parental Choice
Child Care Center? Licensed Home Provider? Family member? Friend? Neighbor? As a parent or guardian you have many choices when choosing a child care provider.

Questions to consider when looking for child care
Everyone will have different things to consider when deciding which child care option is best. Review the question below to help you decide which choice is right for you.

- Do you need care during nontraditional hours? (Traditional hours are considered Monday through Friday 6 a.m. - 6 p.m.)
- What can you afford to pay for child care?
- Do you qualify for assistance paying for child care? (Check with Weld County Department of Human Services to see if you qualify for the Colorado Child Care Assistance Program-CCCAP)
- Does your child(ren) have any special needs required from a caregiver?

Finding the right child care provider for you and your child(ren)
It is recommended you try to interview a few different programs before deciding which one is the best fit for you and your child(ren). Here are some ideas for questions to ask potential providers:

- What is adult to child ratio?
- What is the age range of children in your care?
- How will my child spend her/his day?
- What training have you (and your staff) had?
- Do you have references?
- What do you do when a medical emergency occurs?

Preparing your child for their new environment

- Talk to your provider to see if your child(ren) can come to their location, play with some of the toys, get a tour, etc. This will help your child(ren) see all of the fun activities they will get to do and familiarize themselves with their new setting.
- Talk to your child(ren) about what a day in their new environment might look like. Then, act it out! Most young children process new environments and possible scenarios better through play.
- Grab some cars, build with legos, use a doll house, and show them what their routine will look like.
- Go to your local library and check out some of books to read to your child(ren). Ask the librarian if they know of any other titles that might be helpful teaching children with transitions such as this one.

Books to look for at your local library

- *Bye-Bye Time* by Elizabeth Verdick
- *Llama Llama Misses Mama* by Anna Dewdney
- *Daycare Why?* by Alicia Griffin-Powell
- *Daniel Goes to School* by Becky Friedman
- *The Little Red Hen: La Gallinita Roja* by Carol Ottolenghi
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<td>Act out what a day at child care would look like with your child</td>
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<td>Do a trial run of the first day of child care</td>
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<td>Go to a park or library near your child care provider’s facility to familiarize them with the area</td>
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<td>Contact your local school district to enroll your 3 or 4 year old in preschool</td>
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<td>Create a goodbye routine with your child (Handshake, special saying, etc.)</td>
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<td>Help your child practice putting on their shoes and socks</td>
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<td>Flag Day</td>
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<td>Fathers’ Day</td>
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<td>Draw pictures of their new child care together</td>
<td>Read books on transitions to school and/or child care</td>
<td>Have your child make a card for dad</td>
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<td>Let your child pick out their outfit for the day</td>
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<td>Help your child practice washing their hands</td>
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<td>Find Child Care resources at:</td>
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<td>Help your child practice using the toilet</td>
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“Children want the same things we want. To laugh, to be challenged, to be entertained and delighted.”

- Dr. Seuss
Books to look for at your local library

I Know A Rhino by Charles Fuge
Diary of a Worm by Doreen Cronin
The Very Hungry Caterpillar/La oruga muy hambrienta by Eric Carle
We’re Going on a Bear Hunt by Michael Rosen and Helen Oxenbury
Sheep in the Jeep by Nancy E. Shaw and Margot Apple

The importance of outdoor play

• **Boosted Learning:** Children may actually gain an advantage in learning when they are allowed to roam free outside. The outdoors is the very best place for preschoolers to practice and master emerging physical skills. They can improve hand-eye coordination through playing catch or improve motor skills like running.

• **Improved Vision:** Kids who play outside regularly tend to have better distance vision than those who play inside all the time.

• **Fresh Air:** Staying in a sealed environment means you’re breathing “stale air,” and indoor air is up to 5-times more toxic than outdoor air.

• **More Vitamin D:** One of the best sources of Vitamin D is the sun, and it’s hard to get that in the basement playroom. Many Americans are lacking Vitamin D, which can lead to trouble concentrating, fatigue, and even softer bones. Be aware that kids could be more susceptible to sunburn (and dehydration), so take precautions to ensure the sun doesn’t do them more harm than good.

• **Longer Attention Spans:** Having kids glued to a screen indoors could mean lower attention spans, letting them explore outside can extend a “self-directed” attention span (meaning you won’t have to tell them to do anything, they’ll want to make their own fun).

• **Improved Social Skills:** Actively playing outdoors can improve your child’s mood (thanks in part to increased blood flow to the brain), and being inside all day can make kids cranky. A better mood makes it easier to socialize with their friends.
### What is Child Find?

Child Find is a school district service for the screening and assessment of children birth to 5. The screening and assessment includes all cognition, motor skills, speech and language, social emotional, hearing and vision. There is no cost for these services. If you have concerns about your child’s development, don’t wait; speak to your doctor or contact your local school district’s child find coordinator.

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<td>Make a patriotic hat out of red, white, and blue construction paper</td>
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<td>Independence Day</td>
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<td>Contact your local school district to enroll your 3 or 4 year old in preschool</td>
<td>Look for words that begin with the Letter &quot;J&quot;</td>
<td>Watch and listen to birds with your child</td>
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<td>Have your child crawl on grass, under outdoor furniture or through old boxes</td>
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<td>Blow bubbles and have your child chase them as they float away</td>
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<td>Parents’ Day</td>
<td>Look for different colored cars, street signs or traffic light signals</td>
<td>Find Activities resources at:</td>
<td>Pretend to be different animals with your child</td>
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<td>Watch tree leaves and branches move with your child</td>
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<td>Have your child jump over stones or cracks in the sidewalk</td>
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<td>Help your child find different shapes around the house</td>
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Finding quality early learning programs

Colorado Shines is the state’s quality rating and improvement system. Colorado Shines rates Colorado’s early learning programs, connects families with quality programs, and helps programs improve their quality level. Colorado Shines offers a reliable, consistent, statewide quality rating system that families can trust. It’s free for programs, professionals and families to use. You can trust that programs participating in Colorado Shines are committed to quality and continual improvement.

What this means for our families:
- We are dedicated to providing quality early learning services to your family.
- We are committed to ongoing improvement.
- We are here to support our children, families and staff.

What does having a Colorado Shines rating mean?
A Colorado Shines rating (Levels 1-5) means that a program is licensed, in good standing and meets health and safety standards. It also means that state officials regularly review the program. Programs with higher ratings (Levels 3-5) have gone through a process to demonstrate high-quality programs and practices in all areas that Colorado Shines reviews (see list below).

Programs are quality rated based on how well the child care program:
- Supports children’s health and safety
- Ensures the staff are well-trained and effective
- Provides a learning environment that teaches children new skills
- Helps parents become partners in their child’s learning
- Has good leadership and business practices

Once a program gets a rating, Colorado Shines has tools to help the program continue to improve its quality.

Why is a quality rating important?
You think about many things when choosing child care, including cost, location and availability. In addition to safety, the most important consideration is the QUALITY of the program. Why? Quality child care and preschool programs help ensure that children have positive experiences during a sensitive and important time of life. Quality child care and preschool programs help children prepare for kindergarten and success in school. As a parent or caregiver, you want the best for your child. Quality care and education in the early years helps children start early and start strong. And the benefits last forever! The early years of life are so important because the human brain develops faster during the first five years than at any other time in life!

Books to look for at your local library

- Chu’s First Dao of School by Neil Gaiman and Adam Rex
- How Do Dinosaurs Go to School?/¿Cómo van los dinosaurios a la escuela? by Jane Yolen
- Spot Goes to School/Spot va a la escuela by Eric Hill
- If You Take a Mouse to School/Si llevas un ratón a la escuela by Laura Joffe Numeroff

www.coloradoshines.com
What to look for when finding child care:

- Health & Safety
- Environmental Basics
- Daily Activities
- Teacher/Child Interactions

Get the Checklist
www.coloradoshines.com/families

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<td>Contact your local school district to enroll your 3 or 4 year old in preschool</td>
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<td>Leave your child with others for short lengths of time so that they know you will return</td>
<td>If possible, attend any “Meet the Teacher” events with your child</td>
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<td>Take a walk outside and look for insects and animals</td>
<td>Get your child excited for school by having them pick out their own backpack/lunchbox at the store</td>
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<td>Take your child to play on the playground at their new school</td>
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<td>Teach your child your address, and telephone and cell phone numbers</td>
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<td>Have your child help fix their lunch and let them make choices on items</td>
<td>Together, make up a story about visiting the library</td>
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<td>Give your child your full attention on the way to school. Phone calls can wait</td>
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Find Child Care resources at:
www.UnitedWay-Weld.org/PFC
Imaginative play begins in a child’s mind. But that doesn’t mean parents can’t join in. Here are some ways to encourage your child’s world of make-believe.

- **Go along with it.** When young ones leap through the air and tell you they’re flying, don’t tell them they’re only jumping. Instead, feed the fantasy: “Wow, you’re so high up! What can you see on the ground? Maybe you should take a rest on that nice puffy cloud.” Or even better, start flying with them.

- **Choose old-fashioned toys.** Blocks, dolls, arts and crafts, and molding clay are all toys that require creativity and therefore spur imagination.

- **Limit electronic toys.** Whether it’s a handheld entertainment system or a “junior” laptop, try to avoid toys that need batteries. Creativity is stifled when the toy, rather than the child, directs the play.

- **Read to your child.** While reading, ask mind-opening questions: “If you were the caterpillar, what would you eat?” and “What do you think will happen next in the story?” This not only encourages imagination but promotes language skills and fosters an interest in books.

- **Schedule downtime.** Make sure kids have free time every day to play on their own. Aside from encouraging creativity, it teaches them to use their own resources to amuse or soothe themselves.

- **Limit screen time.** When kids watch a movie or even an educational program, they experience someone else’s make-believe world instead of using their own imaginations. Some subjects on TV are not appropriate for preschoolers. Young kids also are more influenced by advertising since they can’t tell the difference between commercials and actual programs. Limit screen time to no more than 1 hour of quality programming per day for kids 2 to 5 years old.

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**Books to look for at your local library**

- *I Hope You Dance!* by Mark D. Sanders and Tia Sillers
- *Silly Sally* by Audrey Wood
- *In The Tall Grass* by Denise Fleming
- *Head, Shoulders, Knees and Toes / Cabeza, Hombros, Piernas, Pies* by Annie Kubler
- *My Five Senses* by Aliki

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**The Magic of Play:**
How It Inspires & Aids Early Development
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<td><strong>Labor Day</strong></td>
<td><strong>Cut out felt “pizza” toppings and have your child make different pizza creations</strong></td>
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<td><strong>Patriot Day</strong></td>
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<td><strong>Grandparents’ Day</strong></td>
<td><strong>Model sounds that animals or cars make with your child</strong></td>
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<td><strong>Build a fort out of cardboard boxes</strong></td>
<td><strong>Have your child paint an American flag and mount on a popsicle stick</strong></td>
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<td><strong>Collect leaves with your child and help them make a collage</strong></td>
<td><strong>Listen to an audiobook with your child</strong></td>
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<td><strong>Take your child to buy writing and drawing supplies</strong></td>
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<td><strong>Play “I Spy” with your child</strong></td>
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**“Imagination is everything. It is the preview of life’s coming attractions.”**
- Albert Einstein

**Why Is Children’s Mental Health Important?**
All children and youth have the right to happy and healthy lives and deserve access to effective care to prevent or treat any mental health problems that they may develop. There is a tremendous amount of unmet needs, and health disparities are particularly pronounced for children and youth living in low-income communities, ethnic minority youth or those with special needs.
Books to look for at your local library

- **Fire Safety** by Shelia Rivera
- **Stop Drop and Roll** by Margery Cuyler
- **The Berenstain Bears Safe and Sound!** by Jan & Mike Berenstain
- **No Dragons for Tea: Fire Safety for Kids** by Jean E. Pendziwol
- **Clifford the Firehouse Dog/ Clifford El Perro Bombero** by Norman Bridwell

**Tips for Teaching Kids about Fire Safety**

- **Escape Route Planning:** Designate two ways out of every room, if possible.
- **Windows Are for More Than Fresh Air:** Make sure that windows are not stuck closed, that screens can be removed quickly, and that security bars can be opened.
- **Second Floor Safety:** Escape ladders should be placed near second floor windows, and children should practice using them. For extremely young kids, a “mini-exercise” from a first-floor window can at least educate the child as to expectations.
- **Feeling Way to Safety:** Children should practice feeling their way out of the home in the dark or with their eyes closed. Parents and providers can turn this into a game by blindfolding a child and placing in a room and asking them to feel their way to a designated area.
- **Use Songs to Teach What to Do:** Consider teaching a fire escape song to reinforce the need to get out of a burning building. This catchy one can be sung to the tune Frere Jacques. “There’s a fire! There’s a fire! Must get out! Must get out! Stay away from fire! Stay away from fire! It is hot. It is hot.”
- **Smoke Detectors 101:** Teach children about smoke detectors, why they are installed, how they work, and the sound that they make. Children need to be able to associate the sound going off with a fire as part of fire safety for kids.
- **Out Means Stay Out:** Teach children that once they are out of a burning house or building, they must go to the designated place and never, ever venture back in.
- **Touch Door and Check For Heat:** Instruct kids how to check doors to see if they are hot, and if so, how to find another way out. Fire safety for children includes having them find a towel to use for handling, touching or grabbing items to avoid burns and to also use the towel or cover to protect their faces and cover their mouths.
- **Stop, Drop and Roll:** Teach children what to do in the event that their clothes catch fire. Make sure they understand “stop, drop and roll.”
- **Practice Monthly:** Practice your escape plan at least twice a year with children as part of fire safety for kids, preferably monthly. Families and providers should also practice fire drills and alter areas affected by fire.
## October 2020

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<td>“Safety is as simple as ABC. <strong>Always Be Careful</strong>”</td>
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<td>Child Health Day</td>
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<td>Demonstrate how to Cover, Stop, Drop, and Roll on the carpet to put the flames out</td>
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<td>Columbus Day</td>
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<td>Let your child help you make a simple meal for lunch</td>
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<td>911 Practice – Practice on a phone by going over with your child what to say if they need to call 911</td>
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<td>Look at a world map with your child</td>
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<td>Explore the different leaves that have fallen on the ground</td>
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<td>Pin sheets up around the room, about 2 ft from the floor, and practice crawling, low, under the “smoke”</td>
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<td>Walk around the house/school with your child and count how many safety items they can find</td>
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<td>Teach children not to pick up matches or lighters they may find</td>
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Here are some ideas on how to model gratitude and create family traditions that focus on values of thankfulness and generosity:

- **Show appreciation to your children.** Slow down and observe more closely. You’ll see things you appreciate about your kids—then tell them! Sharing appreciation is a strong way to feel connected to one another.

- **Show appreciation for others.** Never underestimate the power of your words and actions. Children hear your tone with the people you talk to. You set a great example when you model kindness, generosity, and gratefulness in your own everyday interactions.

- **Use the word “grateful.”** Explain that being grateful is noticing something in your life that makes you happy. “I’m grateful that it’s sunny today because it was raining yesterday.” Mention gratitude when you’re doing an everyday pleasant activity, like hanging out at the playground or eating watermelon on a hot day. Pause and say, “I’m so grateful for this day!” or “Wow, this is fun!”

- **Make a Thankful Tree.** Cut a tree trunk from cardboard or construction paper. Tape to a wall, cut out leaf shapes. Ask your child to think of something they are thankful for and write it on the leaf. Then tape the leaf to a branch.

- **Talk openly about donations and other “good deeds.”** You don’t have to have a lot of money to make a difference. You can let your toddler put a quarter in a musician’s hat or share a batch of cookies with a neighbor. As children grow up, they will see that helping and giving are part of your family’s culture.

**Books to look for at your local library**

- *Biscuit is Thankful* by Alyssa Satin Capucilli
- *Did I Ever Tell You How Lucky You Are?* by Dr. Seuss
- *The Thankful Book* by Todd Parr
- *Thanks for Thanksgiving* by Julie Markes
- *Bear Says Thanks* by Karma Wilson
- *Don’t Say a Word, Mama/No Digas Nada, Mama* by Joe Hayes
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<td>1 Daylight Savings Time Ends</td>
<td>2 Let your child vote for what to have for dinner</td>
<td>4 Encourage your child to say “please,” “thank you,” and “excuse me”</td>
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<td>11 Veterans Day</td>
<td>12 Talk to your child about the importance of veterans and freedom</td>
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<td>14 Make a garland of paper flowers to decorate your home</td>
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<td>18 Help your child write a thank you card</td>
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<td>20 Ask child what is their favorite food on Thanksgiving</td>
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<td>25 Find Parenting resources at:</td>
<td>26 Thanksgiving</td>
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<td>28 Discuss with your child what it means to be kind</td>
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<td>29</td>
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<td>Name three foods that are brown</td>
<td>Help your child learn to spell their name</td>
<td>27</td>
<td>28 Discuss with your child what it means to be kind</td>
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**SafeCare's goal is to prevent families from entering or re-entering the child welfare system.** SafeCare in Weld County is a flexible, voluntary parent support program for parents and caregivers with children ages five and under to help them build on their existing parenting skills to develop stronger relationships with their children and create a safe and healthy home for their family. For more information call 970-347-2458.

www.northrange.org/safecare-colorado/
Here are a few tips from Colorado State Patrol and Car Seats Colorado to use when driving to keep your child safe this winter:

- **Do the Pinch Test:** Bulky coats underneath car seat straps create higher risks for harm. As the coat compresses, the straps on the seat loosen and no longer can harness the child safely. A child bundled in a snowsuit can be ejected from his or her car seat.
  1. Put the coat on your child and strap them into their car seat. Tighten the harness until you can’t pinch any excess strap between your thumb and forefinger (this is the “pinch test” to make sure the harness is tight enough).
  2. Without loosening the harness, remove your child from the car seat.
  3. Take the coat off, put your child back in the car seat and buckle the harness.
  4. Now try the pinch test again — if you can pinch excess fabric on the shoulder strap then the coat is too bulky to be worn under the harness.

- **Use a blanket:** Keep your child warm by placing a blanket over the child after they have been strapped into the harness. Do not place the blanket over the entire car seat as this restricts airflow which can result in carbon dioxide poisoning.

- **Be aware of overheating.** A child in layers, with a blanket on and the car heating up at full blast can also pose a risk.

- **Knowledge is power.** Education on proper car seat installation and use can save lives. Unfortunately, 75% of children are not properly secured in a car seat or booster (National Highway Traffic and Safety). Visit a car seat technician in your area to check for installation by contacting local fire departments or Car Seats Colorado for a list of the most updated technicians in your area.

To learn more on how to keep children safe in vehicles please visit: CarSeatsColorado.com

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**Books to look for at your local library**

- *Cookie Count* by Robert Sabuda
- *Counting Kisses* by Karen Katz
- *I Can Be Safe* by Pat Thomas
- *La galletita/The Little Cookie* by Margret Hillert
- *Winter Is For Snow* by Robert Neubecker
- *Will It Rain or Snow?* by Eun-gyu Choi
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<td>Find the number “2” on different things today</td>
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<td>Go for a walk in the snow and have hot cocoa afterwards</td>
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<td>Contact your local school district to enroll your 3 or 4 year old in preschool</td>
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<td>Help your child make a Menorah out of construction paper</td>
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<td>Find Safety resources at:</td>
<td>Make cookies together</td>
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<td>Hanukkah Ends</td>
<td>Winter Solstice</td>
<td>At the grocery store, let your child help you pick out items on your list</td>
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<td>Read a Christmas story with your child</td>
<td>Christmas Day</td>
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<td>Help your child build a snowman</td>
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<td>Have a pint-sized celebration with your child</td>
<td>New Year’s Eve</td>
<td>Lutheran Family Services Parenting Education and Support program offers classes that teach parents; empathy, loving discipline, normal child development, how to be there for your child, how to listen and reason and how to take time for yourself when you are stressed. For more information call 970-356-6751</td>
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<td>Weld County School Districts</td>
<td>Weld County Libraries</td>
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| **Weld RE 1** - Gilcrest  
970-737-2403  
www.weld-re1.k12.co.us | **High Plains Library District Office**  
2650 W 29th Street, Greeley  
1-888-861-READ (7323) |
| **Weld RE 2** - Eaton  
970-454-3402  
www.eaton.k12.co.us | **Outreach/Mobile Services**  
970-506-8644  
**Multicultural Services**  
970-506-8642  
www.mylibrary.us |
| **Weld RE 3J** - Keenesburg  
303-536-2000  
www.re3j.com | **Carbon Valley Regional Library**  
7 Park Ave, Firestone  
1-888-861-READ (7323) |
| **Weld RE 4** - Windsor/Severance  
970-686-8000  
www.weldre4.k12.co.us | **Centennial Park Library**  
2227 23rd Ave, Greeley  
1-888-861-READ (7323) |
| **Weld RE 5J** - Milliken  
970-587-6050  
www.weldre5j.k12.co.us | **Clearview Library**  
720 3rd St, Windsor  
970-686-5603  
www.clearviewlibrary.org |
| **Greeley - Evans School District 6**  
970-348-6000  
www.greeleyschools.org | **Clearview Library Bookmobile**  
970-686-5603  
www.clearviewlibrary.org |
| **Weld RE 7** - Kersey  
970-336-8700  
www.plattevalley.k12.co.us | **Eaton Public Library**  
132 Maple Ave, Eaton  
970-454-2189 |
| **Weld RE 8** - Fort Lupton  
303-857-3200  
www.weld8.org | **Erie Community Library**  
400 Powers St, Erie  
1-888-861-READ (7323) |
| **Weld RE 9** - Ault  
970-834-1345  
www.weldre9.k12.co.us | **Farr Library**  
1939 61st Ave, Greeley  
1-888-861-READ (7323) |
| **Weld RE 10J** - Briggsdale  
970-656-3417  
www.briggsdaleschool.org | **Fort Lupton Public & School Library**  
425 S. Denver Ave, Fort Lupton  
303-857-7180 |
| **Prairie School Dist RE 11J** - New Raymer  
970-437-5351  
www.prairieschool.org | **Glenn A Jones Memorial Library**  
400 S. Parish Ave, Johnstown  
970-587-2459 |
| **Re 2** - Grover  
970-895-2222  
www.pawneeschool.org | **Hudson Public Library**  
100 S. Beech St, Hudson  
303-536-4550 |
| **St. Vrain Valley RE-1J** - Erie, Firestone, Frederick and Mead  
303-776-6200  
www.svvsd.org | **Kersey Library**  
413 1st St, Kersey  
1-888-861-READ (7323) |
| **Thompson RE-2J**  
970-613-5000  
www.thompson.k12.co.us | **Lincoln Park Library**  
1012 11 St, Suite B, Greeley  
1-888-861-READ (7323) |
| **Weldona Valley RE-20J**  
970-645-2411  
www.weldonvalley.org | **Nantes Library**  
703 Birch St, Gilcrest  
1-888-861-READ (7323) |
| **Wiggins RE-50J**  
970-483-7762  
www.wiggins50.k12.co.us | **Northern Plains Public Library**  
216 2nd St, Ault  
970-834-1259 |
| **Brighton SD-27J**  
303-665-2900  
www.sd27j.org | **Platteville Public Library**  
504 Marion Ave, Platteville  
970-785-2231 |
| **Centennial BOCES**  
Supports school districts with services such as Special Education, Technology Support, Alternative Teacher Licensing Program, Migrant Education and Services, Grant Writing, Early Childhood and Child Find Services, Online Learning, Homeless Education and Support, Student Information Systems, Special Workshops and Initiatives as requested, and much more. 970-352-7404 - www.cboces.org | **Riverside Library and Cultural Center**  
3700 Golden St, Evans  
1-888-861-READ (7323) |
| **Fort Lupton Public & School Library**  
425 S. Denver Ave, Fort Lupton  
303-857-7180 | **www.mylibrary.us/contact** |
Helpful Links:

WWW.BABYCENTER.COM: Track your baby’s development during pregnancy and beyond. Subscribe to the free email newsletter millions of parents rave about. You’ll also receive valuable coupons, sale notices and free offers from BabyCenter and partners.

WWW.BRIGHTBYTHREE.ORG: Providing parents with children 0-3 with a range of educational services designed to empower them to be the first and most influential teacher in their child’s life.

WWW.CDC.GOV: The Center for Disease Control and Prevention. They bill themselves as “Your online source for credible health information.” This site has fabulous resources on all kinds of health and safety topics.

WWW.CO4KIDS.ORG - 1-844-CO4-KIDS (264-5437): Colorado Child Abuse and Neglect Hotline. Available 24 hours a day, every day. Don’t hesitate to call and get help. Anyone witnessing a child in a life-threatening situation should call 911 immediately.

WWW.COLORADOOFFICEOFEARLYCHILDHOOD.COM: The State of Colorado has created an Office of Early Childhood. This office is responsible for supporting systems and programs to help create an environment where all children are valued, healthy and thriving.

WWW.COLORADOSHINES.COM: Licensed child care programs serving children prior to kindergarten will be required to participate in the Colorado Shines system that will rate the quality of care they provide. Parents will be able to find the quality care they desire for their children.

WWW.COLORINCOLORADO.ORG: Helping children read and succeed. A bilingual site for families and educators of English language learners.

WWW.EARLYCHILDHOODFRAMEWORK.ORG: An information clearinghouse with abundant resources for parents, caregivers and family members.

WWW.EARLYCHILDHOODMENTALHEALTHCO.ORG: For information to support the social, emotional and behavioral development of children ages 0-8 years old.

WWW.EARLYLEARNINGCO.ORG: (ELDGS) Practical tips and points of reference that anyone can use to help children grow.

WWW.ENVISIONCO.ORG: Envision case managers facilitate access to Early Intervention services for all children birth through age 2 who have a qualifying developmental delay. Early Intervention is provided to the family to enhance the capacity of the family to support their child’s development and learning.

WWW.KIDSHEALTH.ORG: Kids Health has information about health, behavior, and development from before birth through the teen years.

WWW.NRCKIDS.ORG: National Resource Center for Health and Safety in Child Care and Early Education provides support to not only child care professionals, but to families and health care professionals, to identify and promote healthy and safe child care programs.

WWW.PARENTS.COM: The magazine and its website feature information about child health, safety, behavior, discipline and education. There is also expert advice related to women’s health, nutrition and pregnancy.

WWW.PARENTINGCOUNTS.ORG: The Parenting Counts Center offers online access to research-based information about child development from birth to 5. Available in both English and Spanish.

WWW.PBS.ORG/PARENTS/CHILD-DEVELOPMENT: Public Broadcasting Services (PBS) Parents is a resource that's filled with information on child development and early learning. Use their “child development tracker” to get insight on the stages of growth and key milestones for kids ages 1 to 9. The PBS Parents Newsletter includes parenting tips, articles, kid-friendly recipes and interactive games from PBS KIDS.

WWW.PEAKPARENT.ORG: Helps families of children with all disabilities make informed decisions about early childhood, education, transition, employment, recreation and other services for their children.

WWW.READINGROCKETS.ORG: Offers strategies, lessons, activities and ideas designed to help young children learn to read.

WWW.UNITEDWAY-WELD.ORG/ROADMAP4KIDS: Resources for your family.

WWW.ZEROTOTHREE.ORG: Here you’ll find science based information and tools designed to help parents and caregivers nurture their young children’s development. ZERO TO THREE’s approach to parent education is based on the belief that parents are the true experts on their children, and that there is no “one-size-fits-all” approach to raising children. The information and tools offered are designed to support parents in developing their own ways to promote their children’s growth and development.

Roadmap4Kids - Resources for Families

Because children do not come with instructions, all of us need a little guidance on how to support our kids.

Connecting parents and caregivers with resources for children, prenatal-8 years of age, in Weld County so that all children grow up valued, healthy and thriving.
Numbers to Know:

CHILD CARE/FAMILY RESOURCES
Weld County Child Care Referral 877-338-2273
Colorado Shines www.coloradoshines.com
Weld County Child Care Association (WCFCCA) www.weldcochildcare.org
Colorado Division of Childcare 800-799-5876
Bright by Three Colorado 303-433-6200
Parents As Teachers 970-347-2492
The Crisis Center - North Range Behavioral Health 970-347-2120

HEALTH AND WELLNESS SERVICES
Poison Control Center 1-800-222-1222
North Colorado Medical Center (NMC) 970-810-4121
Longmont United Hospital 303-651-5111
McKee Medical Center 970-820-4640
Medical Center of the Rockies 970-624-2500
Platte Valley Medical Center 303-498-1600
North Range Behavioral Health 970-347-2120
NOCOHA (1st Steps Program) 970-350-4673
Sunrise Monfort Children's Clinic 970-352-8898
Sunrise Monfort Family Clinic 970-353-9403
Sunrise Adelante Clinic 970-313-0400
Salud Family Health Centers 970-484-0999 or 303-697-2583
CHP+ Colorado Health Plan Plus 1-800-511-5010
Connect for Health Colorado 855-PLANS-4-YOU (855-752-6749)
Lutheran Family Services 970-352-6751
Early Care & Education Services 970-304-6191
Catholic Charities 970-353-6433
Youth & Family Connections 970-351-5460

COMMUNITY RESOURCES/DEPT OF HEALTH & HUMAN SERVICES
Weld County Dept of Human Services - Greeley 970-352-1551
Weld County Dept of Human Services - Fort Lupton 303-857-4052
Weld County Dept of Health & Environment - Greeley 970-304-6420
Weld County Dept of Health & Environment - Longmont 720-652-4238

EMERGENCY / LAW ENFORCEMENT
Emergencies – All Areas – Call 911
Weld County Sheriff Non Emergency Dispatch 970-356-1212
Child Abuse and Neglect Hotline 1-844-CO4-KIDS (264-5437)
Sex Offender Registry www.colorado.gov/apps/cdps/sor

FOR MORE RESOURCES JUST DIAL 211
2-1-1 is a resource for you and your family to find ways to meet your emergency needs for basics like food, clothing, and shelter as well as a connection to parenting classes, immunizations, counseling, elder care, legal advice, transportation assistance and more. Dial 2-1-1 or visit www.UnitedWay-Weld.org/211.

Roadmap4Kids - Resources for Families
Learning begins before a child starts school
www.unitedway-weld.org
www.linkedin.com/company/united-way-of-colo-and-weld
Twitter: @unitedwayweld
Facebook: www.facebook.com/unitedwayweld

Roadmap4Kids - Resources for Families
Connecting parents and caregivers with resources for children, prenatal-8 years of age, in Weld County so that all children grow up valued, healthy and thriving.