

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

SCHOOL READINESS CALENDAR

July 2022 to December 2023

WELD COUNTY'S
Early Childhood
Council



Welcome to Weld County's SCHOOL READINESS CALENDAR!

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 Weld County visit www.ChildCare4Weld.org or email 2childcare4weld@unitedway-weld.org. You can search the age of child or children needing care, location or route from home to work. 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 of Early Childhood Initiatives
United Way of Weld County



**WELD COUNTY'S
Early Childhood
Council**



Weld County Early Childhood Council

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/earlychildhood

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.

Colorado Early Learning & Development Guidelines

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

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 children 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 childrens abilities at certain ages and offer tips for how adults can help develop and support those abilities.

Welcome!

Starting school is the next big adventure!

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!

Start Strong in Kindergarten

In the same way that every child learns to walk at a different age, different children develop academic and social skills at different rates. This is not a checklist. Instead, this is a way for you to reflect upon your child's strengths and growth areas as you prepare your child for Kindergarten. If your child has some of the skills listed in each area, your child's skills are in line with the expectations for Kindergarten readiness. If your child has not yet acquired many of the skills in each area, it may indicate that your child could benefit from more experience in a structured learning environment or exposure to similar-aged peers prior to embarking on Kindergarten.

Language	Social Emotional	Cognitive
<ul style="list-style-type: none">Recognizes own name and names of familiar people and thingsSpeaks in complete sentencesTells a story about a past experienceEngages in conversations with othersUses words to express needsUnderstands and follows 2 step directionsListens when someone is talking	<ul style="list-style-type: none">Puts his or her belongings awayUses materials appropriately (art, toys)Uses the bathroom and washes hands independentlyAsks an adult for help when neededIdentifies emotions (happy, sad, mad)Shows concern for othersPlays positively with 2-3 other childrenTakes turns with toys and on the playgroundSeparates from parent/guardian and recovers quickly	<ul style="list-style-type: none">Works cooperatively with a friend to play a game or complete a puzzleSustains an activity for more than 5 minutesTries different solutions to solve a problemAsk questions about something to learn new informationUses imagination and props to engage in pretend playMakes connections when reading a book
Physical	Literacy	Math
<ul style="list-style-type: none">Runs and walksAlternates feet on stairsClimbs playground equipmentJumps on two feetThrows and kicks a ballCuts with scissorsPours liquids from one container to anotherUses fork and spoon to eatButtons/zips own clothing with supportOpens and closes doorsHolds a pencil, crayon or marker correctlyListens when someone is talking	<ul style="list-style-type: none">Recognizes that some words begin with the same soundKnows some letters in the alphabetRecognizes when two words rhymeKnows some letter soundsDraws a picture and tells about itRecognizes and can write own first namePretends to read a book (knows how to hold book and where to start reading)Pretends to read a familiar story using language similar to the textAsks and answers questions about a bookRetells familiar stories	<ul style="list-style-type: none">Recognizes numerals to 5 or 10Counts 5 to 10 objectsUnderstands positional words (next to, under, on top of, over, between)Compares objects: smaller/larger, heavier/lighter, more/lessSorts objects by color, size, or shapeBuilds a tower or structure with blocks

**The six key areas of learning and development are informed by the TS GOLD® Kindergarten Entry Assessment*



Books to look for at your local library

Are You Ready to Play Outside? *by Mo Willems*

Play Outside! *by Laurent Moreau*

How Do I Make Origami = ¿Como hago origami? *By Elton Jones*

Let's Play Outdoors! Exploring Nature For Children
by Catherine Ard

The Lost Ball: La pelota perdida *by Lynn Reiser*

Come Out and Play: A Global Journey *by Maya Ajmera*

Bringing the Outside In *by Mary McKenna Siddals*

- **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.** Children 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 children 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 children 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 children cranky. A better mood makes it easier to socialize with their friends.

The importance of outdoor play

July 2022

Colorado Early Learning & Development Guidelines

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What is Child Find?						
3	4 Independence Day	5 Watch and listen to birds with your child	6	7 National Father Daughter Take a Walk Day - Go take a walk	8	9
10	11 Blow bubbles and have your child chase them as they float away	12	13 Find things that begin with the letter "J"	14	15 Pretend to be different animals with your child	16
17	18 Lay in the shade with your child and watch the shadows move	19  Find Parenting resources at: 	20	21 National Be Someone Day - Be someone who can recognize and report child abuse at co4kids.org	22	23
24	25 Have your child jump over stones or cracks in the sidewalk	26	27 Help your child find different shapes around the house	28	29 Have your child crawl on grass, under furniture or through old boxes	30
31						



Books to look for at your local library

Busy Bags Kids Will Love: Make-Ahead Activity Kits for a Happy Preschooler and Stress-Free Parent *by Sara McClure*

How do I make a kite? = ¿Como hago una cometa? *by Clara Coleman*

**Play & Learn Toddler Activities Book:
200+ Fun Activities for Early Learning** *by Angela Thayer*

50 Fantastic Things To Do With Preschoolers
by Sally and Phill Featherstone

How do I make a sock puppet? = ¿Como hago un titere de calcetin? *by Andrew Law*

Your Child will start strong with Colorado Shines

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 is free to use and you can trust that programs participating in Colorado Shines are committed to quality and continual improvement.

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?

We 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. Quality child care and preschool programs help ensure that children have positive experiences during a sensitive and important time of life. Quality childcare and preschool programs help children prepare for Kindergarten and success in school. As a parent or caregiver, you want what is best for your child. Quality care and education in the early years helps children start early and 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!

www.coloradoshines.com

Finding quality early learning programs

August 2022

Find child care in Weld County



**ChildCare
4Weld.org**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Colorado Day	2 Leave your child with others for short lengths of time so they know you will return	3	4	5 Tell stories about when you were little and how much you liked school	6 Wiggle your Toes Day Go for a walk
7	8 Take your child to the playground at their new school	9	10  Find Child Care resources at: www.unitedway-weld.org/ROADMAP4KIDS 	11	12 Teach your child your address and phone numbers	13
14	15 Have your child fix their lunch and let them make choices on items	16	17	18 Find things that begin with the letter "A"	19	20
21	22	23 Fill a container with dirt and small toys, then let your child dig out the treasures	24	25	26 Play "which is bigger" using animals	27
28 Take a walk and look for insects and animals	29	30 Provide opportunities to play routinely with the same children	31	What to look for when finding child care: <ul style="list-style-type: none"> • Health & Safety • Environmental Basics • Daily Activities • Teacher/Child Interactions Get the Checklist at www.coloradoshines.com/families - www.ChildCare4Weld.org		





Books to look for at your local library

Yoga Bug: Simple Poses for Little Ones *By Sarah Jane Hinder*

Can I Play Too? *By Mo Willems*

Maya Papaya and Her Amigos Play Dress-Up
by Susan Middleton Elya

Play! Play! Play! *by Douglas Florian*

Let's Play! *Hervé Tullet translated by Christopher Franceschelli*

Serious Fun: How Guided Play Extends Children's Learning
by Marie L. Masterson & Holly Bohart

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 children 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 children 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 children 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 children 2 to 5 years old.

The Magic of Play: How It Inspires & Aids Early Development

September 2022

 **NORTH RANGE**
BEHAVIORAL HEALTH
<https://northrange.org/safecare>



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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 information, call (970) 347-2458.

Parents and caregivers learn to: Identify and remove common household safety hazards, Increase positive behaviors and prevent difficult ones, Identify and respond to common childhood illnesses and injuries.

4	5 Labor Day	6	7  Find School Readiness resources at: www.unitedway-weld.org/ROADMAP4KIDS	8 	9	10 National Swap Ideas Day Let your child decide what you do today.
11 Grandparents' Day National Make your Bed Day -Show your child how to make their bed	12	13 Practice animal noises with your child	14	15	16 National Play-Doh Day- Break out the Play-Doh and have some fun!	17
18	19 Build a fort out of cardboard boxes	20	21 Find things that begin with the letter "S"	22 Fall Equinox	23 Collect leaves with your child and help them make a collage	24
25	26 Play "I Spy" with your child	27	28	29 Go for a walk in the leaves	30	



Books to look for at your local library

[Stop Drop and Roll](#) by Charles Ghigna

[Fuegos arrasadores = Wildfires](#) by Matt Doeden

[Dial 911!](#) By Charles Ghigna

[Be Safe Around Fire](#) by Bridget Heos

[Fire Safety](#) by Sue Barraclough

- **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 children, 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 children.
- **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 children 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 children, preferably monthly. Families and providers should also practice fire drills and alter areas affected by fire.

Tips for Teaching Children about Fire Safety

October²⁰²²

We All
Have a
Role to Play

...in helping prepare
Weld County's
children for the
future.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Replace batteries in smoke
detector at least once a
year

2

Demonstrate how to
“Stop, Drop, and Roll”

3

Child Health
Day

4

5

911 Practice - Practice on
a phone by going over with
a child what to say if they
need to call 911

6

7



World Smile
Day - Smile

8

9

10

Columbus
Day

11

Look at a world map
with your child

12

13

Pin sheets up around the
room, about 2 feet from the
floor and practice crawling,
low, under the “smoke”

14

15

Find things that begin
with the letter “O”

16

17

Walk around the house/
school and see how many
safety items they can find

18

19

Teach children not to
pick up any lighters or
matches they may find

20

21



Find Safety
resources at:



22

23

24

Diwali

25

26

27

28

29

30

Halloween

31

Pumpkin Day - Go to the
pumpkin patch

First Responders Day



Books to look for at your local library

You Are My Happy by Hoda Kotb

Bear Says Thanks by Karma Wilson

Gratitude Soup by Olivia Rosewood

The Thank You Book by Mo Willems

¡Muchas Gracias! by Isabel Minhós Martins & Bernardo Carvalho

Thank You, Mr. Panda = Gracias, Sr. Panda by Steve Antony

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 children—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.

Nurturing Gratitude

November

2022

Positive Parenting Works

Promoting positive interactions within families and caregivers helps children develop their potential.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

"Children are the living messages we send to a time we will not see."

-John F. Kennedy

1

Family Literacy Day - Read a book with your child

2

3

Encourage your child to say "please", "thank you" and excuse me

4

5

National Play Outside Day
Play outside

6

Daylight Savings Time Ends

7

8

Election Day

9

Let your child vote for what to have for dinner

10

Find things that begin with the letter "N"

11

Veterans Day

12

13

World Kindness Day
Spread kindness

14

15

Discuss with your child what it means to be kind

16

17

Help your child write a thank you card

18

19

20

21

Ask your child what their favorite Thanksgiving food is

22

23

Talk to your child about what they are thankful for

24

Thanksgiving

25



Find Parenting resources at:



26

27

28

29

30

Gratitude.

Be Kind. Be Thoughtful. Be Genuine.
But most of all Be Thankful.

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.
- **Discuss.** 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.

It's time to curl up with a good book.



Books to look for at your local library

Count The Monkeys by Mac Barnett and Kevin Cornell

Freight Train by Donald Crews

Dalia's Wondrous Hair = El cabello maravilloso de Dalia
by Laura Lacamara

Where The Wild Things Are by Maurice Sendak

Julián Is A Mermaid by Jessica Love

The Girl Who Loved Wild Horses by Paul Goble

Sweet Dreams/Dulces Sueños by Pat Mora, illustrated by Maribel Suarez

December 2022

National Read a New Book Month



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December is the right month to cuddle-up and try new stories and songs together. Your public library is the place to find those items and more. Not sure how to choose?

Friendly staff members are happy to help! Just contact your nearest library.

There are also plenty of programs to enjoy. Visit us online at
www.mylibrary.us for upcoming programs and events.

4	5	6	7	8	9	10
National Cookie Day Bake cookies with your child		Decorate bare trees with paper snowflakes, colored lights and bells		Find things that begin with the letter "D"		
11	12	13	14	15	16	17
Hanukkah Begins		Cocoa Day Cuddle up and drink some hot cocoa!	Find School Readiness resources at:  WWW.UNITEDWAY-WELD.ORG/ROADMAP4KIDS		Las Posadas Begins	
18	19	20	21	22	23	24
Christmas Day	Make handmade holiday gifts with your children		Winter Solstice		Read a Christmas story with your child	
25	26	Kwanza Begins	27	28	29	31
					Go on a nest hunt. With all the leaves off the trees, nests are much easier for children to spot	New Year's Eve
						Have a dance party



Books to look for at your local library

My First Bob Books: Pre-reading skills by Lynn Maslen Kertell

Are you my brown bear? = Eres mi oso pardo? By Harriet Ziefert

Bob Books - Stage 1: Starting to Read, First Stories
by Lynn Maslen Kertell

Preparándose Para la Escuela de los Más Grandes
por Jennifer Moore-Mallinos; Gustavo Mazali

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.

Getting your Child ready for preschool

January 2023

Early Intervention Program

The EI Colorado program provides developmental supports and services to children birth through two years of age who have special developmental needs.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3 Freeze water with food coloring, sand or other textures in clear plastic containers so that children can see what is inside and use them as blocks. If it is cold enough, let the containers freeze outside	4	5	6 National Cuddle Up Day Cuddle up with your child and a good book	7
8	9	10 Practice singing the ABCs with your child	11	12 Contact your local school district to enroll your 3 or 4 year old in preschool <small>See back pages of calendar for more information</small>	13	14 Freeze blocks of ice and build small igloos – freeze ice in bread pans, ice cube trays, etc.
15	16 Martin Luther King, Jr. Day Show a picture of Martin Luther King, Jr and talk about who he was	17	18 Find things that begin with the letter "J"	19	20	21
22	23 Chinese New Year National Handwriting Day Have your child practice writing their name	24	25 Look for animal tracks in the snow or try to identify "Kid tracks" (stand in a row and then have everyone take a few steps)	26	27 Find Physical & Mental Health resources at:  	28
29 Catch snowflakes on your tongue. Ask: How many can you catch?, or What does it feel like when it melts?	30	31	It can help improve your child's ability to develop and learn. It can also help you and your family learn ways to support and promote your child's development within your family activities and community life. The EI Colorado program provides EI services to help infants and toddlers grow and develop, and to help their family support them in this process. EI services help children in developing positive social relationships, being able to acquire and use knowledge and skills, and using their behaviors and skills to get their needs met. EI is a voluntary program and does not discriminate based on race, culture, religion, income level, or disability. For more information please contact Envision at 970.313.2655 or www.envisionco.org . If you would like to make a referral, please call 833-733-3734 (833-REFER-EI).			



Books to look for at your local library

The Tooth Book *by Dr. Suess*

How to Brush Your Teeth with Snappy Croc
by Jane Clarke and Georgie Birkett

Berta va al dentista *by Liane Schneider*

Visit to the Dentist *by Eve Marleau*

El misterio del diente *by Arianna Squilloni*

Brush! Brush! Brush! *Illustrations by Alicia Padron*

Cavities are preventable, and how you care for your child's baby teeth will impact their adult teeth.

START GOOD ORAL CARE HABITS NOW!

Baby teeth play an important role in your child's health because they help your child:

- Chew - Eat and digest healthy foods
- Talk - Help your child to speak clearly
- Smile - Feel good about themselves and have a beautiful smile
- Grow - Hold important space for adult teeth to come in and to avoid crowding

Losing baby teeth too soon can cause serious problems. Follow these steps to help your child keep their baby teeth healthy:

- Help your child brush his/her teeth 2 times a day with fluoride toothpaste.
- Never put your child to bed with a bottle or sippy cup.
- Avoid sharing spoons, cups or toothbrushes with your child.
- Limit sugary drinks and avoid sweet and sticky foods.
- Take your child to their first dental visit by age 1.

Baby Teeth Matter

February 2023

Dental Health Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			DentaQuest believes that your child's oral health is important!			
	Your dental provider is a big part of your healthcare team! It's important to have a dental home with a dental provider that you like, trust, and see regularly for care.		1 Read books together that prepare your children for their first visit to the dentist	2 Groundhog Day	3 Find things that begin with the letter "F"	4 National Homemade Soup Day - Make soup with your child
5 Go sledding. Even without hills, children will enjoy pulling one another on the sleds	6	7	8 National Kite Flying Day Go fly a kite	9	10 Make homemade Valentine's Day cards with your child this month	11  When you need help and don't know where to turn contact 211
12	13 Talk to your children about how teeth have important jobs- teeth help us smile, eat, talk and hold space for adult teeth	14 Valentine's Day	15 Teach children how to brush, floss and swish with water and why it's important	16	17	18
19	20 Presidents' Day	21	22 Teach your child about what cavities are	23	24  Find Physical & Mental Health resources at: WWW.UNITEDWAY-WELD.ORG/ROADMAP4KIDS	25 
26	27 Teach your child about what cavities are and how healthy eating helps fight cavities	28	DentaQuest administers dental care benefits to children and adults enrolled in Health First Colorado and CHP+. If you need help finding a dental provider or have questions about your dental benefits, Health First Colorado members call 1-855-225-1729, TTY 711. CHP+ members call 1-888-307-6561, TTY 711.			

- Check out MyPlate at choosemyplate.gov.
- Aim for eating 5 servings of fruits and vegetables per day. Remember a serving of any given food is a child's age in tablespoons. So, a 3-year-old only needs three tablespoons of peas for a serving.
- Check out fruitsandveggiesmorematters.org for more information.
- 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.
- 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 in the bag. You can also ask them about shapes, colors, and textures.
- Ask your child to be your sous chef. They can help in the kitchen by mixing ingredients, washing produce. Peeling or cracking eggs, peeling leaves, shredding greens, husking corn, snapping peas or beans, kneading dough, rolling dough with a rolling pin, and adding toppings.
- Encourage your child to try new textures, colors, temperatures, and flavors of foods. Ask them to describe foods using their five sense: 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.

**Eat and drink
the amount that's
right for you**



Books to look for at your local library

Foodie Faces by Bill and Claire Wurtzel

The Berenstain Bears and Too Much Junk Food
by Stan & Jan Berenstain

I'm Hungry! = Tengo Hambre! By Angela Dominguez

Fry Bread: A Native American Family Story by Kevin Noble Maillard

People Don't Bite People by Lisa Wheeler

No Seas Goloso, Señor Oso by María de los Ángeles Boada

March 2023

National Nutrition Month

www.weldcountywic.com



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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.

			1	2	3	4
				Dr. Seuss' Birthday Read your favorite Dr. Seuss book		Find the number "4" on different things today
5	6 See how many times your child can hop on one foot	7	8	9 Count things like socks, beans, and buttons	10	11
12 Daylight Saving Time Begins	13	14 National Craft Day Break out the craft supplies	15 Find Nutrition resources at:  WWW.UNITEDWAY-WELD.ORG/ROADMAP4KIDS	16 	17 St. Patrick's Day	18
19	20 Spring Equinox First Day of Spring Plant some seeds with your child	21	22 Find things that begin with the letter "M"	23	24 Bring paintbrushes outside and use the water from the puddles to paint on the sidewalk	25
26	27	28 Put on the rain boots and splash in puddles	29	30	31 National Crayon Day Have your child draw with crayons today	



Books to look for at your local library

Let's Talk About Body Boundaries, Consent & Respect
by Jayneen Sanders

Bobby and Mandee's Don't Hide Abuse *by Robert Kahn*

I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private
by Zack and Kimberly King

**My Body Belongs To Me: A Book About Body Safety =
Mi Cuerpo Me Pertece: Un Libro Sobre el Cuidado Contra el
Abuso Sexual** *by Jill Starishevsky*

Be Careful and Stay Safe *by Cheri J. Meiners*

- 1. Be informed.** Child sexual abuse is one of the most prevalent, most hidden risks that children 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 children 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.

**Help raise awareness and
take action to keep children
safe and prevent abuse**

April 2023

Child Abuse Prevention Month



www.preventchildabusecolorado.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 April Fools Day National Education and Sharing Day - Teach your child a valuable lesson on sharing
2 Childhelp National Day of Hope - Teach your children personal boundaries	3	4	5	6	7	8
9 Easter	10 Find things that begin with the letter "A"	11	12	13 Provide opportunities for your child to listen to conversations and watch healthy adult interactions	14	15 Tax Day
16	17 Find Parenting resources at:  	18	19 Have your child guess what books will be about by looking at the covers	20	21 Kindergarten Day Contact your local school district to enroll your 3 or 4 year old in preschool to get them Kindergarten ready	22 Earth Day
23 Take a Chance Day - Take a chance and do that thing	24	25	26	27 Go for a walk with your child and count how many different trees you see	28 Arbor Day	29
30						



Books to look for at your local library

Breathe With Me: Using Breath to Feel Strong, Calm and Happy by *Mariam Gates*

Así me siento yo by *Yanitzia Canetti and Janan Cain*

I Am a Warrior Goddess by *Jennifer Adams*

¿Qué puedo hacer cuando me preocupo demasiado?: Un libro para niños con ansiedad by *Dawn Huebner*

Escuchando a Mi Cuerpo: Una guía para ayudar a los niños entender la conexión entre las sensaciones físicas y sus sentimientos by *Gabi Garcia*

- **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.

How To Improve Your Child's Mental Health

May 2023

Mental Health Month

 NORTH RANGE
BEHAVIORAL HEALTH

www.NorthRange.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Learn about baby animals (who are frequently born in the spring), with visiting bunnies, baby chicks, or ducklings	2	3 Observe bugs and other creepy-crawlies	4	5 Cinco de Mayo Find things that begin with the letter "M"	6
7 Create art with flowers	8	9	10 National Clean Up Your Room Day- Teach your child about cleaning up their messes and have them pick up their toys	11	12 Child Care Provider Appreciation Day Say thank you	13 Have your child make a card for mom
14 Mothers' Day	15 Look for words that start with the same letter	16	17	18 Pick flowers to bring inside	19 Read books and talk about friends and friendships	20
21	22 Have a picnic day where all the day's normal indoor activities happen outdoors	23	24 Find physical and mental health resources at:  WWW.UNITEDWAY-WELD.ORG/ROADMAP4KIDS 	25	26	27 Name familiar people in photos; talk about who they are and what they are doing
28	29 Memorial Day	30 Keep the TV off today and read books with your child instead	31	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.		

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

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.

Making the right choice



Books to look for at your local library

Llama Llama Home with Mama by Anna Dewdney

I'm just like my mom = Me parezco tanto a mi mama
by Jorge Ramos

Loving Hands by Tony Johnston

Grandma and Me at the flea = Los meros meros remateros
by Juan Felipe Herrera

When Grandma Gives You a Lemon Tree by Jamie L.B. Deenihan

June 2023



www.weldchildcare.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Whether as a parent or provider, we know you want the very best for the children you care for. From their health and safety to their growth and development, the choices you make for them today have an impact on their success later in life.</p> <p>If you need a child care provider, are a current provider or would like to become a child care provider, we're dedicated to giving you the best resources possible to help ensure your success, as well as the success of our future generation. We're all in this together! www.weldchildcare.com</p>						
4	5 Do a trial run of the first day of child care	6	7 Contact your local school district to enroll your 3 or 4 year old in preschool	8	9	10 Help your child practice washing their hands
11	12	13 Create a goodbye routine with your child (Handshake, special saying, etc.)	14 Flag Day	15 Have your child make a card for dad	16	17 National Eat Your Vegetables Day - Try a new vegetable with your child
18 Fathers' Day	19 Act out what a day at child care would look like with your child	20	21 Summer Equinox	22	23 Find Child Care resources at:  www.unitedway-weld.org/ROADMAP4KIDS	24 
25	26	27 Help your child practice using the toilet	28	29	30	



Books to look for at your local library

I Love Letters! More Than 200 Quick & Easy Activities to Introduce Young Children to Letters and Literacy
by Jean Feldman and Holly Karapetkova

Once around the block = Una vuelta a la manzana by Jose Lozano

Book fiesta!: celebrate Children's Day, Book Day = Celebremos el día de los niños; El día de los libros by Pat Mora

Nurturing Your Child's Math and Literacy in PreK-Fifth Grade: The Family Connection by Mary Mueller and Alisa Hindin

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

Family Literacy

July 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Early education is vital to the success of your child. For a lot of us though, it's just plain hard to afford. That's where CEEN – Colorado Early Education Network comes in. CEEN Head Start and Early Head Start serves up quality Preschool and Infant/Toddler care at no cost for qualifying families. There are Head Start Centers with 3.5 or 6 hour sessions for 3 to 5 year old children and full day sessions Monday thru Friday for ages 6 weeks to 36 months. Get that early education your child needs at CEEN Head Start and Early Head Start. For more information, call 970-515-6664 or visit ceen.org</p>						
2	3 Help your child make patriotic decorations for your home	4 4th Of July	5	6 Read and sing nursery rhymes with your child	7	8 National Bubble Bath Day Celebrate with a bubble bath!
9 Look for words that begin with the Letter "J"	10	11 Find School Readiness resources at: 	12	13 Fill a container with dirt and small toys, then let your child dig for treasure	14	15 Have your child come up with a story based on items in a basket
16	17 Use chalk to draw and write on the sidewalk	18	19 During bath time talk to your child about the importance of being clean	20	21 When your child speaks to you, model good listening behavior	22
23	24	25	26 Provide simple definitions to new words. Try to enrich your child's vocabulary	27	28 Have a concert with instruments made from items around your home	29
30	31					

Language Power by Bonnie Camp

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!

Language Power



Books to look for at your local library

LMNO Peas by Keith Baker

If A Horse Had Words by Kelly Cooper

**Goodnight moon 123: a counting book =
Buenas noches, luna 123: un libro para contar**

Drawn Together by Minh Lê

Maisy's Animals = Los Animales de Maisy: A Maisy Dual-Language Book by Lucy Cousins

August 2023



Text: BRIGHT to 274448

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bright by Text provides free tips, information, and resources to help all parents and caregivers give every child a bright beginning.	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!	1 Colorado Day	2	3 Visit the library and check out a music CD with your child	4	5
6	7	8 Have animal races with your child- crab walk, waddle like a penguin, bear walk, or get creative	9	10 Sink or float- fill a tub with water and ask your child if various items will sink or float, then test them	11	12 Look for words that begin with the Letter "A"
13	14 Acorn/pinecone toss - find acorns or pinecones on the ground, pick a target and see who can get them closest	15	16	17 At the end of the day, talk to each other about your day, and about what to expect tomorrow	18	19 Teach your child your address, and telephone and cell phone numbers
20  Find Parenting resources at: 	21	22 Have your children draw on the sidewalk with chalk	23	24 Create garden collage artwork of pictures of plants that will grow in the spring and summer (with cutouts from plant catalogs and gardening magazines)	25	26
27	28 Create an obstacle course- use pillows or sticks to jump over, ribbon to twirl with, boxes to crawl through, get creative and more importantly have fun	29	30	31	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.	



Books to look for at your local library

The Spelling Bee Before Recess by Deborah Lee Rose

Isabel and her colores go to school by Alexandra Alessandri

Back-to-School Rules by Laurie Friedman

Annabelle Swift, Kindergartner: Story and Pictures
by Amy Schwartz

Destrezas Para El Éxito Escolar by Meg Greve

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

Help Your Child Succeed in School

September 2023



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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 at risk for, serious physical, behavioral, or emotional conditions. This service helps connect them with medical, mental, oral health, psychosocial, early intervention, education, and family support resources in Weld County.

www.weldgov.com
Search "special health care"

3	4 Labor Day National Wildlife Day Go outside and see what animals you can find	5	6 Read a Book Day Read a book with your child	7	8 Look for words that begin with the Letter "S"	9
10	11 Collect leaves with your child and help them make a collage	12	13 Positive Thinking Day Ask your child what is good about their day	14	15	16 Build a fort out of cardboard boxes
17	18 Find School Readiness resources at:  	19	20	21 Cut out shapes and play a matching game	22	23
24	25 Contact your local school district to enroll your 3 or 4 year old in preschool	26	27 Try a new food with your child	28	29 Read a new story with your child, then ask them what their favorite part was	30



Books to look for at your local library

Teach Your Baby to Sign: by Monica Beyer

The Alphabet Song Retold by Steven Anderson

Colors! = Colores by Jorge Lujan

My colors, my world = Mis colores, mi mundo by Maya Christina Gonzalez

Wheels on the Bus Retold by Steven Anderson

I Love Letters! More Than 200 Quick & Easy Activities
by Jean Feldman and Holly Karapetkova

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

Roadmap4kids is available in English and Spanish *Not all websites will have a Spanish option available

To use:

Go to Unitedway-weld.org/Roadmap4Kids

Click on map point that suits your needs/interests

For Example: If you are looking for more information on getting your child ready for school, you can click on the School Readiness map point. There you will find a list of local resources.

If you cannot find a resource under a particular category, simply click on the 2-1-1 map point and type in a keyword to search.

We encourage you to use this resource for yourself and pass it along to friends and family.

Learning Begins Before a Child Starts School

October 2023



Learning begins
before a child
starts school

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Child Health Day	3 Look for words that begin with the Letter "O"	4	5 Do Something Nice Day Have your child think of something nice to do for a friend or neighbor	6  World Smile Day - Smile	7
8	9 Columbus Day	10	11 As you shop for foods, name the colors you see with your child	12	13 Play pattern games stomp-stomp-clap-jump-clap-stomp	14
15	16	17	18	19 Have your child read you their favorite story	20	21
22	23 Help your child make up a song about their favorite animal	24	25 Make leaf rubbings with your child	26	27  Find Parenting resources at: www.unitedway-weld.org/RGb8	28
29	30	31 Halloween	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.			



Books to look for at your local library

**Achieving a Healthy Weight For Your Child: An Action Plan
For Families** by Sandra G. Hassink

Healthy Foods from A to Z = Comida sana de la A a la Z
by Stephanie Maze

The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great For Monsters & Kids! by Edward Miller
Let's eat! = ¡A comer! By Pat Mora

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.** Children 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 than 4-6 ounces for children 1-6 years old, and 8-12 ounces for children 7-18 years old.

Childhood Obesity Prevention

November 2023



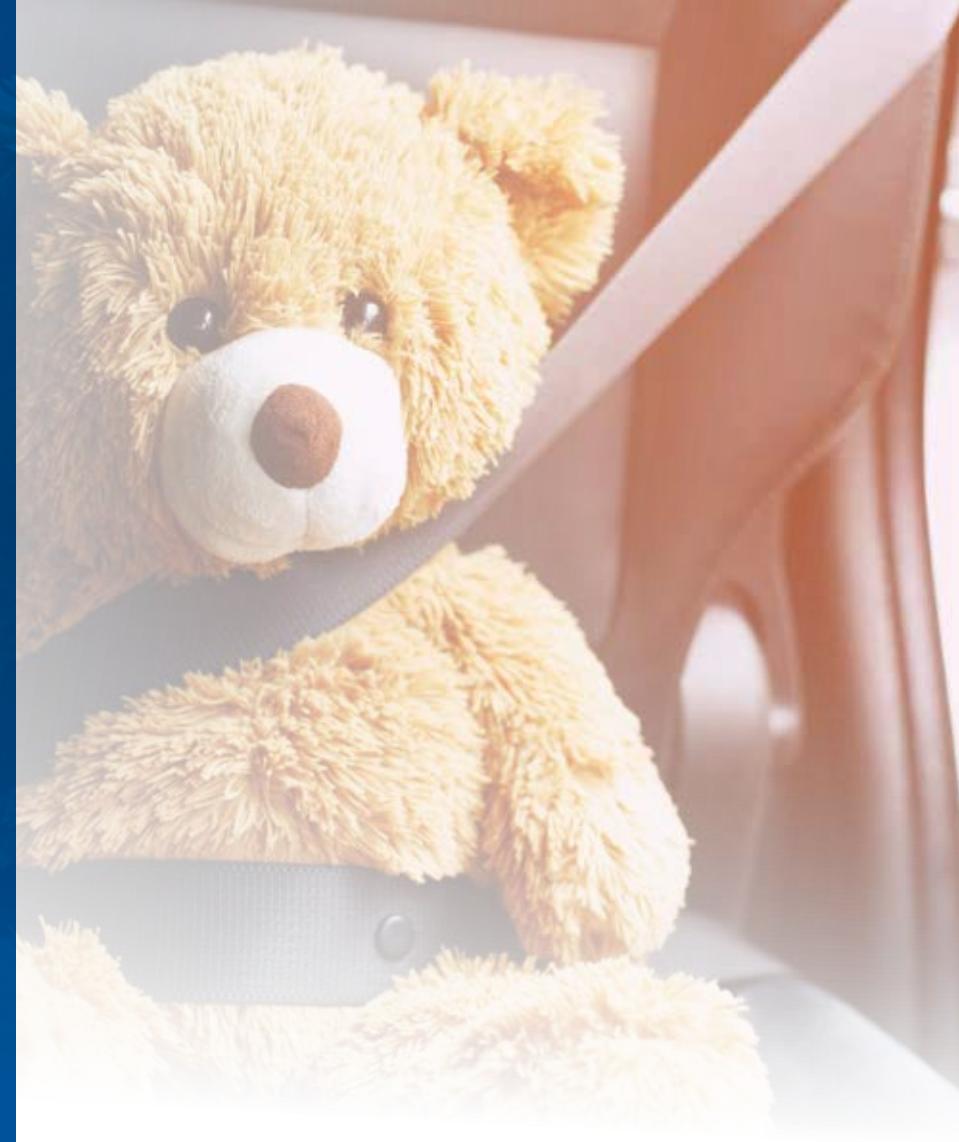
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Childhood obesity can lead to health problems in adolescence and adulthood. Help your child develop into their healthy weight by offering a variety of healthy foods during family meals, limiting screen time to 2 hours or less each day, being active together, and choosing water instead of sugary drinks www.weldgov.com : Search for childhood obesity 						
5 Daylight Savings Time Ends	6	7 Election Day Have a vote on what to make for dinner today	8	9  Find Nutrition resources at: 	10	11 Veterans Day
12 Have your child try a new food today	13	14 National Family PJ Day Have your whole family wear PJ's for dinner	15	16 Have an indoor picnic with your child	17	18
19	20 Have your child create Thanksgiving table decorations	21	22 Talk to you child about what they are thankful for	23 Thanksgiving Day	24	25 National Play with Dad Day
26	27	28 Help your child learn to spell their name	29	30 Look for words that begin with the Letter "N"		

Here are a few tips from Colorado State Patrol and Car Seats Colorado on Care Seat Safety:

- **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

Car Seat Safety



Books to look for at your local library

Safety First! *adapted by Courtney Carbone*

In The Car *by Wil Mara*

The Berenstain Bears Safe and Sound! *by Jan and Mike Berenstain*

La Seguridad *by Jinny Johnson*

December 2023



www.lfsm.org

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Every child deserves to grow up in a safe, nurturing environment.

Every family has strengths and every family can use support.

Lutheran Family Services Rocky Mountains Parenting Education and Support 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

3	4 Take a trip to the library and ask a librarian when children's story times are	5	6 Find things that begin with the letter "D"	7 Hanukkah Begins	8 Break out the crayons and color	9
10	11	12 Make handmade holiday gifts with your children	13	14 Decorate bare trees with paper snowflakes, colored lights and bells	15	16 Las Posadas Begins
17	18 Play word games – what words sound the same, what words rhyme	19	20 Read your child's favorite holiday story	21 Winter Solstice	22 Find Parenting resources at:  www.unitedway-weld.org/roadmap4kids	23 
24	25 Christmas Day	26 Kwanza Begins	27	28 National Card Playing Day Play a card game with your child	29	30
New Year's Eve	31					

Weld County School Districts

Weld RE 1- Gilcrest
970-737-2403
www.weld-re1.k12.co.us

Weld RE 2- Eaton
970-454-3402
www.eaton.k12.co.us

Weld RE 3J- Keenesburg
303-536-2000
www.re3j.com

Weld RE 4- Windsor/Severance
970-686-8000
www.weldre4.k12.co.us

Weld RE 5J- Milliken
970-587-6050
www.weldre5j.k12.co.us

Greeley- Evans School District 6
970-348-6000
www.greeleyschools.org

Weld RE 7- Kersey
970-336-8700
www.plattevalley.k12.co.us

Weld RE 8- Fort Lupton
303-857-3200
www.weld8.org

Weld RE 9- Ault
970-834-1345
www.weldre9.k12.co.us

Weld RE 10J- Briggsdale
970-656-3417
www.briggsdaleschool.org

Prairie School Dist RE 11J- New Raymer
970-437-5351
www.prairieschool.org

Pawnee School Dist RE-12- Grover
970-895-2222
www.pawneeschool.org

St. Vrain Valley RE-1J Erie, Firestone, Frederick and Mead
303-776-6200
www.svvsd.org

Thompson RE-2J
970-613-5000
www.thompson.k12.co.us

Weldona Valley RE-20J
970-645-2411
www.weldonvalley.org

Wiggins RE-50J
970-483-7762
www.wiggins50.k12.co.us

Brighton SD-27J
303-665-2900
www.sd27j.org

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.cboes.org

Weld County Libraries

High Plains Library District Office
2650 W 29th Street, Greeley
1-888-861-READ (7323)

Outreach/Mobile Services
970-506-8644
Multicultural Services
970-506-8642
www.mylibrary.us

Carbon Valley Regional Library
7 Park Ave, Firestone
1-888-861-READ (7323)

Centennial Park Library
2227 23rd Ave, Greeley
1-888-861-READ (7323)

Clearview Library
720 3rd St, Windsor
970-686-5603
www.clearviewlibrary.org

Clearview Library Bookmobile
970-686-5603
www.clearviewlibrary.org

Eaton Public Library
132 Maple Ave, Eaton
970-454-2189

Erie Community Library
400 Powers St, Erie
1-888-861-READ (7323)

Farr Library
1939 61st Ave, Greeley
1-888-861-READ (7323)

Fort Lupton Public & School Library
425 S. Denver Ave, Fort Lupton
303-857-7180

Glenn A Jones Memorial Library
400 S. Parish Ave, Johnstown
970-587-2459

Hudson Public Library
100 S. Beech St, Hudson
303-536-4550

Kersey Library
413 1st St, Kersey
1-888-861-READ (7323)

Lincoln Park Library
1012 11 St, Suite B, Greeley
1-888-861-READ (7323)

Nantes Library
703 Birch St, Gilcrest
1-888-861-READ (7323)

Northern Plains Public Library
216 2nd St, Ault
970-834-1259

Platteville Public Library
504 Marion Ave, Platteville
970-785-2231

Riverside Library and Cultural Center
3700 Golden St, Evans
1-888-861-READ (7323)

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.BRIGHTBYTEXT.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.CHILDCARE4WELD.ORG: Find child care in Weld County.

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.FORCE.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.MENTALHEALTHCOLORADO.ORG/EARLYCHILDHOOD.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 providers 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/LEARN-GROW: 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 children 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 Learning begins before a child starts school

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

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
Colorado Shines
Weld County Child Care Association (WCFCCA)
Colorado Division of Childcare
Bright by Three Colorado
Parents As Teachers
The Crisis Center - North Range Behavioral Health
Boys and Girls Clubs of Weld County
CCCAP (Colorado Child Care Assistance Program)
TANF (Temporary Aid for Needy Families) Colorado Works
ChildFind
SEVA Community
UNC Speech, Language & Audiology Clinic
Union Colony Childrne's Music Academy

877-338-2273
www.coloradoshines.com
www.weldcochildcare.org
800-799-5876
303-433-6200
970-347-2492
970-347-2120
970-353-1278
970-352-1551 x6017
970-351-1551 x6017
www.cde.state.co.us/early/childfind
970-302-9539
970-351-2012
970-353-1116

HEALTH AND WELLNESS SERVICES

Poison Control Center
North Colorado Medical Center (NCMC)
Longmont United Hospital
McKee Medical Center
Medical Center of the Rockies
Platte Valley Medical Center
North Range Behavioral Health
NOCOHA (1st Steps Program)
Sunrise Monfort Children's Clinic
Sunrise Monfort Family Clinic
Sunrise Adelante Clinic
Salud Family Health Centers
CHP+ Colorado Health Plan Plus
Connect for Health Colorado
Lutheran Family Services
Early Care & Education Services
Catholic Charities
Youth & Family Connections

1-800-222-1222
970-810-4121
303-651-5111
970-820-4640
970-624-2500
303-498-1600
970-347-2120
970-350-4673
970-352-8898
970-353-9403
970-313-0400
970-484-0999 or 303-697-2583
1-800-511-5010
855-PLANS-4-YOU (855-752-6749)
970-352-6751
970-304-6191
970-353-6433
970-351-5460

COMMUNITY RESOURCES/DEPT OF HEALTH & HUMAN SERVICES

Weld County Dept of Human Services- Greeley
Weld County Dept of Human Services- Fort Lupton
Weld County Dept of Health & Environment- Greeley
Weld County Dept of Health & Environment- Longmont

EMERGENCY / LAW ENFORCEMENT Emergencies – All Areas – Call 911

Weld County Sheriff Non Emergency Dispatch
Child Abuse and Neglect Hotline
Sex Offender Registry
970-356-1212
1-844-CO4-KIDS (264-5437)
www.colorado.gov/apps/cdps/sor

FOR MORE RESOURCES JUST DIAL 211

211 Colorado @ UWWC 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 211 or visit www.UnitedWay-Weld.org/211.



Roadmap4Kids
Resources for Families
Learning begins before a
child starts school

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

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.

ChildCare
4Weld.org



Find child care, preschool, and school-age programs near you!

970-353-4300 | www.UnitedWay-Weld.org

Email: UWWC@UnitedWay-Weld.org

814 9th Street Greeley | 330 Park Avenue Fort Lupton



WELD COUNTY'S
Early Childhood
Council



United
Way