

Family Resource Guide



illuminate
Building Brighter Childhoods

H.U.L.A.



Huerfano-Las Animas Counties
Early Childhood Advisory Council



Las Animas | Huerfano Counties
DISTRICT HEALTH DEPARTMENT

ABOUT THIS GUIDE

The Family Resource Guide has been created by the Huerfano-Las Animas Counties Early Childhood Council in response to the increasing awareness nationwide of how critical the creation and support of healthy families is to the health and strong future of the nation as a whole. A child's ability to succeed as an individual is shaped by his/her family, the community, teachers and everyone who is part of the child's life. Our hope is that this guide will be a helpful and supportive resource for those who touch the lives of young children in our community.

There are five sections to the Guide:

- **HEALTH**
- **SOCIAL AND EMOTIONAL WELL-BEING**
- **FAMILY SUPPORT AND EDUCATION**
- **SPECIAL NEEDS**
- **EARLY LEARNING**

Each section contains services, web sites and information that pertain to the topic of that section. We hope you find this to be a useful tool and resource!

If you would like to be a part of H.U.L.A., contact the council at (719) 845-0463.

<https://la-h-health.colorado.gov/services/early-childhood>

H.U.L.A.



Huerfano-Las Animas Counties
Early Childhood Advisory Council



facebook@HuLAECAC

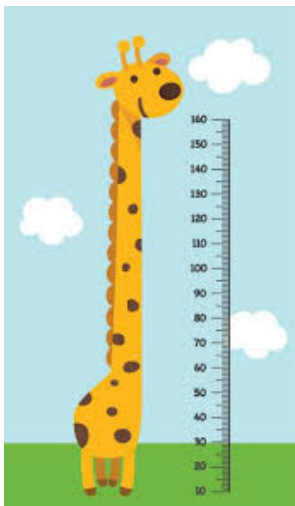
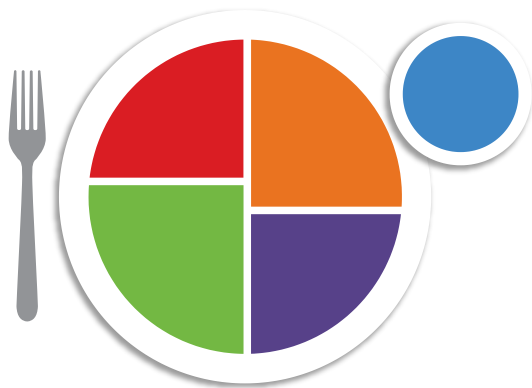


*Special thanks to Illuminate Colorado
for their partnership and support for
our family resource guide.*



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Building Brighter Childhoods

HEALTH





Las Animas Huerfano Counties District Health Department

Las Animas | Huerfano Counties
DISTRICT HEALTH DEPARTMENT

Programs & Services Provided

Vital Statistics

- Birth Certificates
- Death Certificates
- Genealogy



Public Health

- Blood Pressure Checks
- Cholesterol Checks
- Universal Precautions
- Pregnancy Testing
- COVID-19 Vaccination/Testing
- Flu Shots
- Immunizations/Adult and Child
- Medication Administration Training
- Diabetes Mellitus
 - Diabetic Education
 - Glucose Testing
 - Diabetic Exercise
 - Hemoglobin A1C



Additional Services

- Car Seat Program
 - Discount Car Seats, Installation & Education
- Discount Bicycle Helmets
- School Health Education
- Healthy Communities
 - Child Developmental Screening
 - Vision/Hearing Screening
- Baby/Kids Care
- Colorado Health Plan Plus-CHP+ & Health Insurance for Children
- Tobacco Cessation Education
- WIC Program
- Emergency Preparedness & Response
- Huerfano Las Animas Counties Early Childhood Advisory Council (HuLA)
- Botvin LifeSkills



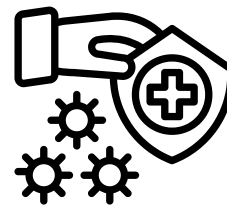
Environmental Health

- Water Testing Kits
- Radon Testing Kits
- Child Care Inspections
- Retail Food Inspections
- Food Service Licensing
- Food Handling Training
- Septic Permits/Inspections
- Septic Installer Licensing
- Waste Tire Program
- Body Art Licensing
- Marijuana Facility Inspections



Communicable Diseases

- STD Testing/Medications
 - Syphilis
 - Gonorrhea
 - Hepatitis C
 - Chlamydia
- HIV Testing
- Free Condoms
- In-Services Surveillance
 - Investigate/Report



In partnership with the community, our mission is to promote preventive health education and to provide healthcare services that will enhance the quality of life for citizens of Las Animas and Huerfano Counties.

Las Animas Huerfano Counties District Health Department
Trinidad Office

412 Benedicta Ave, Trinidad, CO 81082
(719) 846-2213 fax: (719) 846-4472

Walsenburg Office

119 E. 5th St, Walsenburg, CO 81089
(719) 738-2650 fax: (719) 738-2653

<https://la-h-health.colorado.gov>

When is my child too ill for child care?

Deciding when to keep a sick child out of child care/school can be difficult.

The following questions can help guide your decision:

- Will the child be able to comfortably participate in the program's normal activities?
- Will the child's illness require more attention than the staff can give?
- Will the sick child affect the health and safety of other children?

Remember that if sick children are kept at home, everyone will stay healthier.

If your child has any of the following symptoms and an oral fever of 100 degrees or above, he or she should be excluded from child care/school:

- Runny nose, cough, fatigue
- Unusual spots, rashes, or bruises not associated with injury
- Sore throat or difficulty swallowing
- Infected skin patches
- Unusually dark, tea-colored urine
- Grey or white bowel movement
- Headache and stiff neck
- Vomiting (2 or more episodes in 24 hours)
- Unusual behavior-child is cranky; child feels general discomfort or seems unwell; child cries more than usual
- Child does not feel well enough to participate in the normal activities of the program
- Loss of appetite
- Earache
- Loss of taste or smell



For more information contact: Las Animas Huerfano Counties District Health Department

Trinidad Office

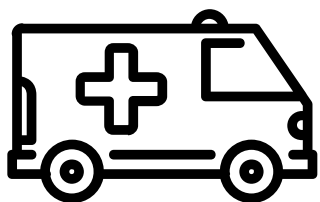
412 Benedicta Ave, Trinidad, CO 81082
(719) 846-2213

Walsenburg Office

119 E. 5th St, Walsenburg, CO 81089
(719) 738-2650



Las Animas | Huerfano Counties
DISTRICT HEALTH DEPARTMENT



Regional Hospitals

Miners Colfax Medical Center

www.minershosp.com

201 Hospital Drive
Raton, New Mexico 87740
(575) 445-7824

Mt. San Rafael Hospital

www.msrrhc.org

410 Benedicta Ave
Trinidad, CO 81082
(719) 846-9213

Parkview Medical Center

www.parkviewmc.com

400 W. 16th
Pueblo, CO 81003
(719) 584-4000

Spanish Peaks Regional Health Center

www.sprhc.org

23500 U.S. Highway 160
Walsenburg, CO 81089
(719) 738-5100

St. Mary-Corwin Hospital

www.stmarycorwin.org

1008 Minnequa Ave
Pueblo, CO 81004
(719) 557-4000

Medical Providers

Salud Family Healthcare Clinic

911 Robinson Ave
Trinidad, CO 81082
(719) 422-8800

Mt. San Rafael Hospital Clinic

400 S. Benedicta Ave
Trinidad, CO 81082
(719) 846-2206

Spanish Peaks Family Clinic

23400 U.S. Highway 160
Walsenburg, CO 81089
(719) 738-4590

Spanish Peaks La Veta Clinic

908 South Oak Street
La Veta, CO 81055
(719) 742-5147

Spanish Peaks Specialty Clinic

23450 U.S. Highway 160
Walsenburg, CO 81089
(719) 738-4588





(719) 542-0032

www.sangre.org

The role of Sangre de Cristo Community Care is to instill hope in the lives of our patients and their family members. We are here for them 24 hours everyday by providing:

- Hospice Care
- Palliative Care
- Volunteer Support
- Grief Support
- Social Services
- Medical Coordination
- Spiritual Care
- Therapies

**Contact the office for more
information
or visit their website to find the
location that is best for you.**



OUTREACH AND WOMEN'S CLINIC

The Spanish Peaks Outreach and Women's Clinic is an off campus, outpatient, safety net clinic located in the heart of Walsenburg that provides wellness and prevention programs for our community. The Clinic offers many opportunities to receive free or low cost healthcare services that encourage annual screenings and prevention programs. Early detection saves lives.

129 Kansas Ave.
Walsenburg, CO 81089
(719) 738-5200
www.sprhc.org



**911 Robinson Ave
Trinidad, CO 81082
(719) 845-4880**

www.mtcarmelcenter.org

The Mt. Carmel community center is a multifaceted campus housing a number of activities and events that are central to the Mt. Carmel mission to provide wellness and community partnerships that attract business, cultural and social opportunities.

- Community wellness/education programs
- Behavioral Health Services
- Medical Clinic
- Chapel
- Community Center
- Catering
- Event Venues

*Nurturing
mind, body
and spirit*



Trinidad
Ambulance District

**939 Robinson Ave, Trinidad, CO 81082
(719) 846-6886
www.tadems.com**

SERVICES: Emergency Medical Response (911), Quick Response Team Program, CPR/AED/First Aid Classes, EMT Training Program



Assisted Living/Nursing Homes

The Legacy at Trinidad

33 Legacy Lane
Trinidad, CO 81082
(719) 846-8662

Spanish Peaks Veterans Community Living Center

23500 U.S. Highway 160
Walsenburg, CO 81089
(719) 738-5100

Trinidad Inn Nursing Home

409 Benedicta Ave
Trinidad, CO 81082
(719) 846-9291

Chiropractors

Buhr Chiropractic

908 E Main St, Trinidad, CO 81082 (719) 845-0711

Clark Chiropractic Center

500 San Juan St., Trinidad, CO 81082 (719) 845-0001

Fisher's Peak Chiropractic Center

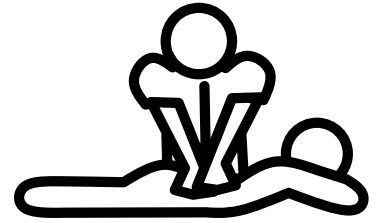
165 E First St., Trinidad, CO 81082 (719) 846-4990

Tieszen Chiropractic

134 W. Main St., Ste 34, Trinidad, CO 81082 (719) 859-1184

Vigil Family Chiropractic

110 E. 6th St., Walsenburg, CO 81089 (719) 738-3808



Dentists

Daniel Berry, DDS

403 E. 1st St., Trinidad, CO 81082 (719) 846-2259

Eagle Ridge Dental

104 E. 6th Street, Walsenburg, CO 81089 (719) 738-2544

Gary Elsberry, DDS

134 W. Main St., Trinidad, CO 81082 (719) 846-3371

Iconic Dental

624 Main St., Walsenburg, CO 81089 (719) 695-1004

New Image Advanced Dental

417 University St., Trinidad, CO 81082 (719) 846-7387

Paul Andreatta DDS PC

1723 E. Main St., Trinidad, CO 81082 (719) 846-4028

Salud Family Health, Trinidad Dental Clinic

928 Smith Ave., Trinidad, CO 81082 (719) 422-8810

Trinidad Family Dental

2124 Freedom Rd., Trinidad, CO 81082 (719) 422-5696



Pharmacies

Hometown Pharmacy- 824 E. Main St., Trinidad, CO 81082 (719) 845-0069

Medicine Shoppe- 1275 S. 2nd St., Suite A, Raton, NM 87740 (575) 445-0075

Mesa Pharmacy- 1279 S. 2nd St., Raton, NM 87740 (575) 245-6372

Safeway Pharmacy- 457 W. Main St., Trinidad, CO 81082 (719) 846-2246

Star Drug- 520 Main St., Walsenburg, CO 81089 (719) 738-1130

Walmart Pharmacy- 2921 Toupal Dr., Trinidad, CO 81082 (719)-846-4477



Health Related Services

AIM-I-go Home Health

1208 Eagleridge Blvd
Pueblo, CO 81008
719-924-9458

or

916 Arizona Ave
Trinidad, CO 81082
719-422-8325



Lincare

2006 Freedom Rd
Trinidad, CO 81082
719-846-7648

Medco

401 E Main St.
Trinidad, CO 81082
719-846-8328

Alta Vista Alternatives

Home Health Care

415 S. Indiana
Trinidad, CO 81082
719-846-4631

Mountain Creek Home Health

910 E. Main St
Trinidad, CO 81082
719-846-2030

Consultants for Children Inc.

201 E. Main St.
Trinidad, CO 81082
719-272-1289

*Please call each agency for
more information.*

601 S. Albert Ave.
Walsenburg, CO 81089
719-738-5707

Diane M. Koutnik P.T.

137 W. Ryus
La Veta, CO 81055
719-738-3160

Mt. San Rafeael Rehabilitation & Therapy Services

102 S. Bonaventure Ave
Trinidad, CO 81082
719-846-8072

Hope Pregnancy Resource Center

1532 Santa Fe Trail
Trinidad, CO 81082
719-846-4889

Las Animas County Rehab Center

1205 Congress Drive
Trinidad, CO 81082
719-846-3388



Pro Rehab Center

323 N. Commercial
Trinidad, CO 81082
719-846-8668

Samaritan Clinic

413 E. Frost Ave.
Trinidad, CO 81082
719-846-3536

La Veta Physical Therapy

908 S. Oak St
La Veta, CO 81055
719-742-5474

Trinidad Physical Therapy

441 University St.
Trinidad, CO 81082
719-846-1500

**Administration Building**

4 Montebello Rd
Pueblo, CO 81001
719-546-6667

Circle Program

1711 E. Evans
Pueblo, CO 81004
719-543-8751
719-404-1783 or 1784

Office of Prevention

2133 Jerry Murphy
Pueblo, CO 81001
719-924-9511

Women's Residential Unit**STIRRT & TRT**

3500 Baltimore Ave
Pueblo, CO 81008
719-545-1181

**Women's Star-TC Program,
Sober Living**

3470 Baltimore Ave
Pueblo, CO 81008
719-561-9850

Trinidad

**1004 Carbon Place
Trinidad, CO 81082
719-846-4481**

Corporate Office

1530 West 17th St
Pueblo, CO 81003
719-544-3150

L.E.A.D.

(back of building)
719-252-2586

Colorado Springs Detox

1026 Maxwell Street
Colorado Springs, CO 80906
719-203-6550

Monte Vista Outpatient

739 1st Ave
Monte Vista, CO 81144
719-852-3955

Lamar

3501 S. Main St
Lamar, CO 81052
719-336-2600

Walsenburg

**615 Russell Ave
Walsenburg, CO 81089
719-738-2076**

Outpatient

1615 Bonforte Blvd
Pueblo, CO 81001
719-404-1992

Lakeview PLOG

3000 Lakeview Ave
Pueblo, CO 81005
719-549-7154

**13th Street Campus
Detox, Kitchen,
Men's Residential Unit
MAT**

509 E. 13th St.
Pueblo, CO 81001

Northern

121 E Northern Ave
Pueblo, CO 81006
719-470-8199

Alamosa Detox, DUI, MAT

2265 Lava Ln
Alamosa, CO 81101
719-589-5176

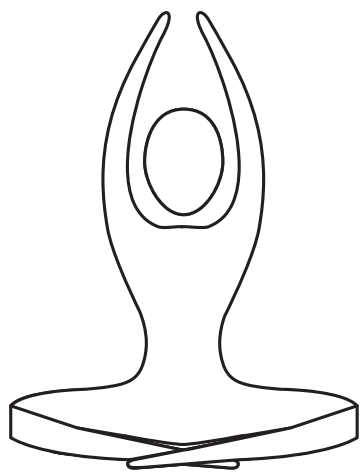
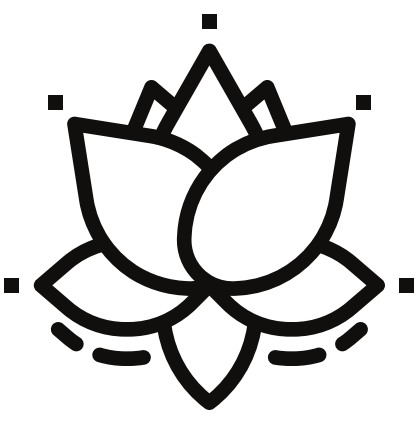
Colorado Springs Outpatient

411 S. Cascade Ave
Colorado Springs, CO 80903
719-419-7959

Notes:



SOCIAL AND EMOTIONAL WELL-BEING





Walsenburg & Trinidad Clinics

926 Russell Street, Walsenburg 719-545-2746

417 South Indiana Ave., Trinidad 719-846-4416

MARC: 910 East Main St., Trinidad 719-631-3370

About the clinic:

The Trinidad & Walsenburg Health Solutions Clinics are resources for support through these changing times. Our behavioral health professionals work together with clients toward solutions in managing stress, conflict, depression, anxiety and substance use problems.

Services include:

Individual, family and group therapy in addition to 24/7 crisis support, outpatient mental health and substance use counseling, case management and medication management.

Specialized services include:

- EMDR: Eye Movement Desensitization and Processing
- Substance use treatment by licensed addiction counselors
- DBT: Dialectical Behavior Treatment
- ACT: Acceptance and Commitment Therapy
- Seeking Solutions recovery support
- MST: Multi-systemic Therapy
- MRT: Moral Reconnection Therapy
- Anger Management

TeleHealth:

Services are available through secure video conferences.

If one is need of crisis services:

Health Solutions Crisis Services can be reached at **719-545-2746**, 24 hours a day, 7 days a week, 365 days a year.

If you are feeling unmanageable stress or anxiety, please contact:



Open Access:

- We give our full attention to each person. It is important that we understand your needs and how our services can help you, so we ask that you plan for 2.5-3 hours to complete the Open Access process.
- Individuals with Medicare are served on specific days and at specific times.
- Interested individuals can contact our Connect 2 Care call center, **719-545-2746**, for information on how to enroll.
- Monday-Friday 8AM-3PM

Medication-Assisted Recovery Center (MARC)

- Located at the Main Street clinic, 910 East Main St., Trinidad, CO 81082.
- Call MARC Open Access 8am-2pm, **719-631-3370 ext 2**
- Please direct referrals from Contracted Partner Agencies to: ruralreferrals@health.solutions

What Is The MARC?

The Medication Assisted Recovery Center (MARC) is a non-hospital program that has been found to successfully treat addiction or dependency to opioids such as prescription pain killers, heroin, fentanyl or alcohol. Our full range of services includes therapy/counseling, case management, physical health testing, as well as education about overdose risk and infectious disease prevention.

**When you're ready,
we're here.**

www.health.solutions

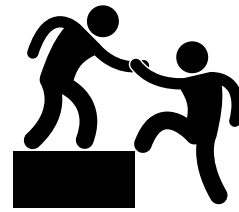
What is Mental Health Stigma?

Medically reviewed by Taisha Caldwell-Harvey PhD-Written by Lois Zoppi on November 9, 2020

With a growing number of people experiencing a decline in their mental health, society is becoming better equipped to respond to our needs. However, the stigma around mental illness and seeking help remains. According to the Center for Disease Control and Prevention (CDC), mental illness is among the most common health conditions in the United States. More than 50% of U.S. adults will need mental health treatment at some point during their lifetime. In addition, 1 in 25 are currently living with a serious mental illness, such as an eating disorder, bipolar disorder, post-traumatic stress disorder (PTSD), or major depression. Given how common it is for people to experience a decline in mental health, the level of stigma that exists in society is surprising and often contradictory. Stigmas in society are commonplace. They can be difficult to dismantle and overcome once they become established over many years. A stigma is a negative and often unfair social attitude attached to a person or group, often placing shame on them for a perceived deficiency or difference to their existence. Mental health stigma refers to societal disapproval, or when society places shame on people who live with a mental illness or seek help for emotional distress, such as anxiety, depression, bipolar disorder, or PTSD. A lack of awareness, education, perception, and a fear of people with mental illness can all lead to increased stigma.

What is Social Emotional Learning?

Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.



Warning Signs for Bullying

There are many warning signs that may indicate that someone is affected by bullying—either being bullied or bullying others. Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.

It is important to talk with children who show signs of being bullied or bullying others. These warning signs can also point to other issues or problems, such as depression or substance abuse. Talking to the child can help identify the root of the problem.

Signs a Child Is Being Bullied

Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs.

Some signs that may point to a bullying problem are:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

If you know someone in serious distress or danger, don't ignore the problem. Get help right away.

Signs a Child is Bullying Others

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worry about their reputation or popularity

TOXIC STRESS IN CHILDREN



Learning how to cope with adversity is an important part of healthy child development. When we are threatened, our bodies prepare us to respond by increasing our heart rate, blood pressure, and stress hormones, such as cortisol. When a young child's stress response systems are activated within an environment of supportive relationships with adults, these physiological effects are buffered and brought back down to baseline. The result is the development of healthy stress response systems. However, if the stress response is extreme and long-lasting, and buffering relationships are unavailable to the child, the result can be damaged, weakened systems and brain architecture, with lifelong repercussions.

Three different types of stress:

- **Positive stress** response is a normal and essential part of healthy development, characterized by brief increases in heart rate and mild elevations in hormone levels. Some situations that might trigger a positive stress response are the first day with a new caregiver or receiving an injected immunization.
- **Tolerable stress** response activates the body's alert systems to a greater degree as a result of more severe, longer-lasting difficulties, such as the loss of a loved one, a natural disaster, or a frightening injury. If the activation is time-limited and buffered by relationships with adults who help the child adapt, the brain and other organs recover from what might otherwise be damaging effects.
- **Toxic stress** response can occur when a child experiences strong, frequent, and/or prolonged adversity—such as physical or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship—without adequate adult support. This kind of prolonged activation of the stress response systems can disrupt the development of brain architecture and other organ systems, and increase the risk for stress-related disease and cognitive impairment, well into the adult years.

When toxic stress response occurs continually, or is triggered by multiple sources, it can have a cumulative toll on an individual's physical and mental health—for a lifetime. The more adverse experiences in childhood, the greater the likelihood of developmental delays and later health problems, including heart disease, diabetes, substance abuse, and depression. Research also indicates that supportive, responsive relationships with caring adults as early in life as possible can prevent or reverse the damaging effects of toxic stress response.





WAYS TO HELP CHILDREN COPE WITH STRESS

- **Notice out loud.** Tell your child when you notice that something's bothering him or her. If you can, name the feeling you think your child is experiencing. Be sympathetic and show you care and want to understand.
- **Listen to your child.** Ask your child to tell you what's wrong. Listen attentively and calmly — with interest, patience, openness, and caring. Avoid any urge to judge, blame, lecture, or say what you think your child should have done instead.
- **Comment briefly on the feelings you think your child was experiencing.** For example, you might say "That must have been upsetting," "No wonder you felt mad when they wouldn't let you in the game," or "That must have seemed unfair to you." Doing this shows that you understand what your child felt, why, and that you care.
- **Put a label on it.** Many younger kids do not yet have words for their feelings. If your child seems angry or frustrated, use those words to help him or her learn to identify the emotions by name. Putting feelings into words helps kids communicate and develop emotional awareness — the ability to recognize their own emotional states.
- **Help your child think of things to do.** If there's a specific problem that's causing stress, talk together about what to do. Encourage your child to think of a couple of ideas.
- **Listen and move on.** Sometimes talking and listening and feeling understood is all that's needed to help a child's frustrations begin to melt away.
- **Limit stress where possible.** If certain situations are causing stress, see if there are ways to change things. For instance, if too many after-school activities consistently cause homework stress, it might be necessary to limit activities to leave time and energy for homework.
- **Just be there.** Kids don't always feel like talking about what's bothering them. Sometimes that's OK. Let your kids know you'll be there when they do feel like talking. Even when kids don't want to talk, they usually don't want parents to leave them alone.
- **Be patient.** As a parent, it hurts to see your child unhappy or stressed. But try to resist the urge to fix every problem. Instead, focus on helping your child, slowly but surely, grow into a good problem-solver — a kid who knows how to roll with life's ups and downs, put feelings into words, calm down when needed, and bounce back to try again.
- **Parents can't solve every problem as kids go through life.** But by teaching healthy coping strategies, you'll prepare your kids to manage the stresses that come in the future.



<https://coloradocrisiservices.org/>

Talk to Someone
1-844-493-8255
Text "TALK" to 38255

Locations:

Metro Denver Region

Aurora

Anschutz Medical Campus
2206 Victor Street
Aurora, 80045
*Open 8am - 11pm

Denver

4353 E. Colfax Ave
Denver, 80220

Littleton

6509 S. Sante Fe Drive
Littleton, 80120

Northeast Region

Greeley

928 12th Street
Greeley, 80631

Western Slope Region

Montrose

300 N Cascade Ave.
Montrose, 81401

Wheat Ridge

4643 Wadsworth Blvd.
Wheat Ridge, 80033

Boulder

3180 Airport Road
Boulder, 80301

Southeast Region

Colorado Springs

115 S Parkside Drive
Colorado Springs, 80910

Pueblo

1310 Chinook Lane
Pueblo, 81001

We're available 24/7/365.
Whatever you're going
through, we'll always be
here to support you.



Botvin LifeSkills Training program consists of three major components that cover the critical domains found to promote drug use. Research has shown that students who develop skills in these three domains are far less likely to engage in a wide range of high-risk behaviors.

Botvin *LifeSkills Training* (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

Rather than merely teaching information about the dangers of drug abuse, Botvin *LifeSkills Training* promotes healthy alternatives to risky behavior through activities designed to:

- Teach students the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs
- Help students to develop greater self-esteem and self-confidence
- Enable students to effectively cope with anxiety
- Increase their knowledge of the immediate consequences of substance abuse
- Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors

For more information or questions, please contact Brianna Jensen via email at bcrump@la-h-health.org for Huerfano County and Claudine Gonzales at cgonzales@la-h-health.org for Las Animas County.



Las Animas | Huerfano Counties
DISTRICT HEALTH DEPARTMENT
www.colorado.gov/la-h-health

BRIANNA JENSEN

LifeSkills Facilitator
bcrump@la-h-health.org

Mission: In partnership with the community, our mission is to promote preventive health education and to provide healthcare services that will enhance the quality of life for citizens of Las Animas and Huerfano Counties

Huerfano County

119 E. 5th St.
Walsenburg, CO 81089
719-738-2650



Las Animas | Huerfano Counties
DISTRICT HEALTH DEPARTMENT
www.colorado.gov/la-h-health

CLAUDINE GONZALES

LifeSkills Facilitator
cgonzales@la-h-health.org

Mission: In partnership with the community, our mission is to promote preventive health education and to provide healthcare services that will enhance the quality of life for citizens of Las Animas and Huerfano Counties

Las Animas County

412 Benedicta Ave
Trinidad, CO 81082
719-846-2213



University of Colorado **Anschutz Medical Campus**

**Stressed? Feeling uncertain or overwhelmed?
Need to plan for next year? Just want to vent?**

We're still here for you.

Teacher/Educator Well-Being Support Line

303-724-2500

Call or text.

Talk with a trained volunteer from 8am-8pm daily.
Free & immediate access to urgent mental health services available.

The Well-Being Support Line is a free service for all educators and school employees including ECE, K-12 programs, and higher education. The support line is available to any member of the education workforce across the state including teachers, administrators, para-professionals, health care teams, and support staff.



BRAIN HEALTH for all, for life.

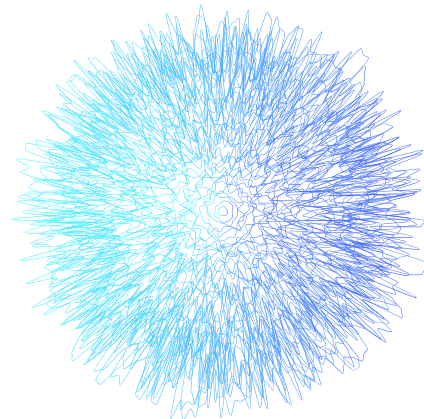
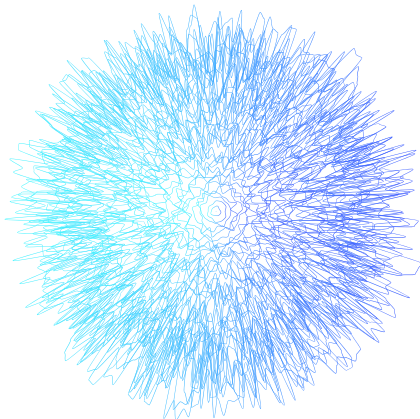


**MENTAL HEALTH
FIRST AID
COLORADO**

<https://www.mhfacolorado.org/>

Mental Health First Aid Colorado promotes and supports mental health education and wellness for Coloradans.

For more information visit their website.



COLORADO

Department of Human Services

Office of Behavioral Health

The Office of Behavioral Health (OBH) administers the two state mental health hospitals, purchases services to prevent and treat mental health and substance use disorders through contracts with behavioral health providers, regulates the public behavioral health system, and provides training, technical assistance, evaluation, data analysis, prevention services and administrative support to behavioral health providers and relevant stakeholders. OBH serves as the federally designated "Single State Authority" for mental health and substance use.

General inquiries

Phone: 303.866.7400

Send feedback to cdhs_obhfeedback@state.co.us.

PROMOTING SOCIAL, EMOTIONAL AND BEHAVIORAL HEALTH

Social, emotional and behavioral health begins at birth and lays a foundation for children to:

**MANAGE EMOTIONS • HAVE POSITIVE RELATIONSHIPS
RESOLVE CONFLICTS PEACEFULLY • TAKE CARE OF OTHERS**

Children begin learning these skills from birth as they build attachments and trust with caregivers, learn how to calm themselves down, and later, to recognize emotions.

Just like other skills, children develop social and emotional abilities gradually - and they need plenty of support from adults as they learn.

Nurturing our children's social and emotional needs from birth helps ensure they will have good mental health throughout their lives.

We all have mental health - even babies! And just as physical health enables us to have the energy we need to work and live our lives, mental health allows us to have positive relationships with others, cope with life's challenges, and manage our emotions.

Just as we take care of our children's physical health - with healthy food, plenty of sleep and regular check-ups - we must also take care of their mental health by supporting their social-emotional development.

BUT HOW?

Loving relationships with you and other adults are the foundation of children's healthy social-emotional development.

Positive relationships help children feel secure and encouraged. Through relationships we can teach children to understand and express their feelings, develop compassion for other people, and learn the difference between right and wrong. These social and emotional skills prepare children for success in school and throughout their lives.



0-8 MONTHS

Babies age 0-8 months are developing a sense of trust and security with parents and caregivers. They love to interact face to face. Babies this age are starting to know what to expect in their daily routine. They are likely to be sensitive to loud noises, bright lights or lots of activity. They are also starting to show interest in other children.

TRY THESE TIPS:

- Make eye contact with baby during routines like feeding and diapering
- Talk and coo with baby, imitate his sounds and expressions
- Play peek-a-boo with baby
- Create routines - stick to a schedule for feeding, sleeping and other activities so baby learns what to expect
- Respond to baby kindly and warmly every time you interact
- Talk, read and sing together every day
- Give baby a break from too much activity - take her to a quiet place and cuddle and sway with her to help her calm down
- Let baby watch other children; let older children talk, smile and laugh with baby
- Talk to baby about what he might be feeling based on behavior (crying, laughing, etc.)

JUST AS WE TAKE CARE OF CHILDREN'S
PHYSICAL HEALTH, WE MUST ALSO TAKE
CARE OF THEIR MENTAL HEALTH.

Parenting is hard, and all families need help to prepare their children for success in school and beyond. It's normal to have questions and concerns about your child's development and behavior.

THERE ARE SUPPORTIVE RESOURCES IN OUR COMMUNITY:

Huerfano - Las Animas Counties Early Childhood Council
412 Benedicta Ave
Trinidad, CO 81082
(719) 845-0463
<https://la-h-health.colorado.gov/services/early-childhood>



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9-18 MONTHS

Children age 9-18 months are learning to interact with adults and continuing to build trusting relationships with caregivers. Children this age seek the comfort of mom, dad or another close caregiver if they are tired or unhappy. They are beginning to understand how other people feel and are learning to respond. They may try to comfort someone who is upset.

TRY THESE TIPS:

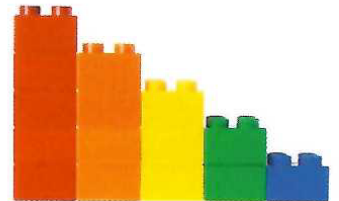
- Ask her if she wants to help; give her a spoon to play with while you cook
- When he needs attention or comfort, respond with hugs, smiles and laughter
- Recognize and encourage him when he tries to do things by himself
- Sit with her on the floor to play
- Let her have a special blanket or stuffed animal (comfort object) to help her calm down
- Talk about how other children show feelings: "Daniel is laughing because the puppet is funny"
- Show and talk about how you care for other children: "Ana feels better when I give her a hug"
- Talk to him about what he is doing: "You are showing me the ball - you want to play"
- Give her a choice between two options: "Do you want to wear blue socks or white socks?"
- Notice and support her when she comforts herself: "You found your blankie and now you feel better"

JUST AS WE TAKE CARE OF CHILDREN'S
PHYSICAL HEALTH, WE MUST ALSO TAKE
CARE OF THEIR MENTAL HEALTH.

Challenging behavior - or acting out - is how children communicate that their social and emotional needs are not being met. Parenting is hard, and all families need help to prepare their children for success in school and beyond. It's normal to have questions and concerns about your child's development and behavior.

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412 Benedicta Ave
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(719) 845-0463
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19-36 MONTHS

Children age 19-36 months are starting to play with other children - instead of just next to them. They are beginning to compare themselves with others. They might say, "Daniel is a boy like me." Children are starting to do things on their own and may insist: "do it myself!" At this age children are starting to express their feelings and understand emotions. They use words to describe feelings and say what they like and dislike.

TRY THESE TIPS:

- Provide chances to play with other kids, including kids from different cultures and ethnicities
- Offer toys that encourage imagination and role play (play kitchen, dress-up clothes, etc.)
- Use words to help him learn to share and take turns: "I'm going to share this car with you so you can play, too"
- Encourage her when she shares or takes turns: "You gave Adam a block to play with - that was so nice"
- Talk with him about rules, limits, and choices and why they are important
- Help her identify her features like hair color, gender, size, etc.
- Allow him time to do things for himself and encourage him: "If you want help, I am here"
- Use words to talk about your feelings, the child's feelings, and others' feelings
- Look at pictures of people showing emotions and help children identify the feelings
- Always respond calmly; emotions can be overwhelming to children and your calm response helps them calm down

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5-8 YEARS

At this age, children continue to learn skills that provide a strong foundation for lifelong learning. Children this age are learning how things are the same and different. They are learning how to talk and write about their thoughts and ideas. They are continuing to build their relationship skills by making friends and connecting with adults. Children this age are still learning to follow rules and directions and to control their impulses. They are also learning to keep trying when at first they don't succeed.

TRY THESE TIPS:

- Ask questions about what she is learning in school
- Instead of asking, "How was your day?" ask, "What did you do in art class today?" or, "What game did you play at recess?"
- Visit his classroom and go to school events; talk to his teachers if you have questions
- Give her healthy food, encourage exercise, and make sure she gets enough sleep
- Take him to the doctor regularly; talk to your doctor if you have questions or concerns about your child's development or behavior
- Encourage your child's friendships and help her solve conflicts
- Set limits that are appropriate for her age and help her understand why limits are important
- Encourage him to try new and different activities
- Help her understand that sometimes doing new things is hard but they will get easier with practice

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FAMILY SUPPORT, EDUCATION AND RESOURCES



H.U.L.A.



Huerfano-Las Animas Counties
Early Childhood Advisory Council

Mission: We support children & families in Huerfano and Las Animas Counties through partnerships which promote healthy kids, families and communities through self-sufficiency.

Located at: **412 Benedicta Ave**
Trinidad, CO 81089
719-845-0463

Visit us on Facebook: <https://www.facebook.com/HULAECAC>

HuLA Early Childhood Council is a collaboration/partnership amongst many diverse organizations/agencies within Huerfano and Las Animas Counties who promote: social/emotional and physical health, early learning, family support and education for young children ages birth to 8. Monthly meetings are held the 2nd Wednesday, contact the council if you would like to attend.

To be a part of this wonderful organization contact the council at 719-845-0463



Our Vision

We improve the quality of early learning environments to prepare young children to enter kindergarten; build the resources and skills of families; ensure that families have access to social, physical, and mental health services; and deliver resources to increase the effectiveness of early childhood professionals.

We have a unique role within our communities to serve as an early childhood hub for partners, providers, caregivers, policymakers, and business leaders to coordinate, collaborate, and align resources.

"Early Childhood Development is the most powerful investment in human capital that a country can make."

James Heckman, Nobel Prize winner for economic sciences (2000)

COOKING MATTERS

Reach Out & Read
COLORADO

Parents as Teachers
Affiliate

EQ
Expanding Quality for Infants and Toddlers

Rocky Mountain Children's Health FOUNDATION

Car Seats
COLORADO

Nurturing Parenting
Est. 1983

Start your child on a track for success!
Grow Learn Play Succeed!

COLORADO SHINES
START EARLY START STRONG QUALITY EARLY LEARNING

The Growing Life Gardens Project

Some of our Programs...

HEALTH & WELL BEING

Start your child on track for success- community screening for children 5 yrs. & under.

Best Start Program- Baby boxes and information about resources for your baby.

Cooking Matters

Growing Life Program- Farm to School

Car Seat inspection Station

FAMILY SUPPORT & EDUCATION

Parents as Teachers

Nurturing Parenting

Connection to resources and supports

EARLY CARE & LEARNING

Supporting child care centers, preschools and family homes towards a quality environment.

School Readiness

Reach Out and Read Program

Professional Development

and much more....





Nurturing Parenting®
Established 1983

<https://www.nurturingparenting.com/>

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices.

The long term goals are to prevent recidivism in families receiving social services, lower the rate of multi-parent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors.

To register for the course call (719) 845-0463



Parents as Teachers®
Affiliate

Parents as Teachers builds strong communities, thriving families and children who are healthy, safe and ready to learn by matching parents and caregivers with trained professionals who make regular personal home visits during a child's earliest years in life, from prenatal through kindergarten.

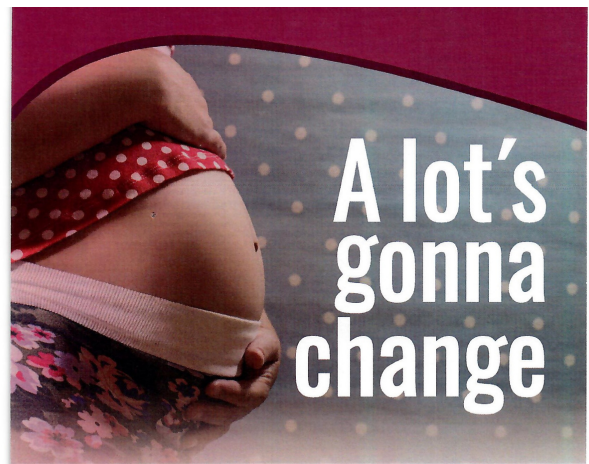
To learn more about the program and sign up call: (719) 845-0463

Nurse-Family Partnership

National Resources for families

Visit the website for more
information

www.nursefamilypartnership.org



You've got this!

with a free personal nurse

that can give you the support, advice and information
you need as a new mom, pregnant with your first baby.

Contact us

TEXT (719) 688-8723

CALL (719) 688-8723

Toll Free (877) 489-7474

Southwest Colorado
Nurse-Family Partnership
Serving Basal, Bent,
Chaffee, Arapahoe,
Las Animas, Otero &
Prowers Counties

 **Nurse-Family
Partnership**
Helping First-Time Parents Succeed



Strong economies and communities where our children thrive are built when we harness the power of government, business and philanthropy and the nonprofit sectors to effectively strengthen families together.

Our children are our future employees, leaders and neighbors. No matter where they live, children need high-quality experiences and loving relationships to support healthy development.

Everyone in the community needs to get involved to prevent child maltreatment.
Visit the website for more support.

<https://www.illuminatecolorado.org/>



Our Local Chapter:

Circle of Parents in Recovery - Trinidad

Location: Trinidad Alano Club, 120 W Kansas Ave, Trinidad, CO 81082

Day/Time: Tuesdays 5:30-6:30pm

Contact: Jean Howard at jhhoward@crossroadstp.org or
(719) 582-0900

FOR VIRTUAL ACCESS: Contact Jean

Circle of Parents® provides a friendly, supportive environment led by parents and other caregivers, where parents are the experts.

The Growing Life Garden Project



The Growing Life Garden Project services 17 different garden sites working with over 500 participants in Huerfano and Las Animas Counties. We are built on the foundation to help teach a life skill with youth along with addressing food insecurities

Contact HuLA Early Childhood Council (719) 845-0463 for more information or if you would like to volunteer!

.....

COOKING MATTERS®

Cooking Matters works to make sure all kids have the healthy food they need every day. For more than 20 years, Cooking Matters has empowered families with the skills to stretch their food budgets and cook healthy meals so their children get nutritious food at home. As part of the No Kid Hungry campaign to end childhood hunger in America, Share Our Strength's Cooking Matters teaches participants to shop smarter, use nutrition information to make healthier choices and cook delicious, affordable meals.

Visit their website: <https://co.cookingmatters.org/> or contact the HuLA Early Childhood Council at (719) 845-0463.

Cooking Matters at Home

As families navigate the Coronavirus crisis, planning and preparing meals can be an incredible challenge in an already stressful time. Cooking Matters at Home offers ideas for how families can use what foods are available to create quick, family-friendly, low-cost meals

To download the Guide visit this website:

<https://cookingmatters.org/cooking-matters-home>



Food Bank Resources

Fisher's Peak Soup Kitchen
308 Church St
Trinidad, CO 81082
(719) 680-0427

Food Distribution Center
South Central Council of Governments
2000 N. Linden Ave
Trinidad, CO 81082
(719) 845-1127

Dorcas Circle Food Bank
911 S. Main St
Walsenburg, CO 81089
(719) 738-2291



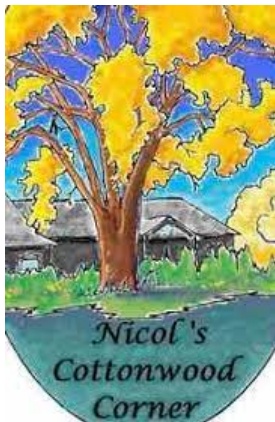
Get free fruits & vegetables
with your SNAP benefits

Farmer's Markets - July to September

Gardner Farmers Market- Gardner, CO - Saturdays

La Veta Farmer's Market, La Veta, CO - Saturdays

Trinidad Community Farmers Market- Cimino Park, Trinidad - Saturdays



Nicol's Cottonwood Corner
19990 County Rd 75.1,
Trinidad, CO 81082
(719) 680-1402



The Good Food Project
17310-18038 County Rd 31.9,
Weston, CO 81091
(719) 680-0215
<http://earthmountainfarm.org/>



Diaper and Baby Gear Bank



helping new + gently used baby gear find another home

The Huerfano-Las Animas Early Childhood Council and WeeCycle partnered in 2021 to improve the lives of local families in need.

**Together we can assist families with:
essential baby gear, baby/child clothing and diapers and wipes and more.**

**To learn more about these opportunities,
please contact the HULA Early Childhood Council (719) 845-0463**



Libraries

Samuel Freudenthal
Memorial Library at
Trinidad State College
600 Prospect St.
Trinidad, CO 81082
(719) 846-5593

Carnegie Public Library
202 N. Animas St
Trinidad, CO 81082
(719) 846-6841



Aguilar Library
146 W. Main Street
Aguilar, CO 81020
(719) 941-4426

La Veta Public Library
310 S. Main St.
La Veta, CO 81055
(719) 742-3572

Spanish Peaks Library District
415 Walsen Ave
Walsenburg, CO 81089
(719) 738-2774



Dolly Parton's Imagination Library
Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five, through funding shared by Dolly Parton and local community partners in the United States, United Kingdom, Canada, Australia and Republic of Ireland.

Written especially for parents, **Growing Readers** provides monthly tips for raising strong readers and writers. Schools and PTAs can add these

preformatted briefs to their parent newsletters. Growing Readers is a great resource for libraries, community literacy organizations and anyone who cares for children. Learn more: www.readingrockets.org



Launching young readers!

Reading Rockets

Youth Clubs

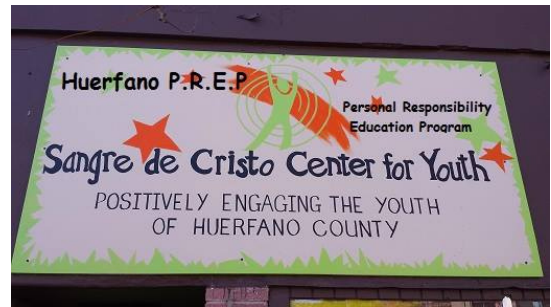


Sangre de Cristo Center for Youth positively engages the youth of Huerfano County through character building, personal and social responsibility and life skills development, so that they may become successful adult leaders.

Located at 513 Main Street, Walsenburg, CO 81089

(719) 738-1573-Call for scheduling or visit our

[Facebook](#) page.



"Happiness is seeing the smile on a child's face as they learn."

~unknown



204 E. Kansas, Trinidad, CO 81082 719-422-8090 youthcluboftrinidad@gmail.com

School Year Hours: Monday-Thursday - 3-5 PM Friday - 8 AM-5 PM

School Break Hours: Monday-Friday - 8 AM-5 PM

Out-of-School Time Program

EXPLORE! LEARN! DISCOVER!

Homework Help; Science, Technology, Engineering, Art, & Math (STEAM); Leadership; Gardening; Kitchen Fun; Broadway Bound & Much More!!!

Registration required. Ages 5-17. CCAP accepted, all families must apply. Teens are encouraged to volunteer.

Community Centers

Trinidad Community Center
1309 Beshoar Ave
Trinidad, CO 81082
(719) 846-4454

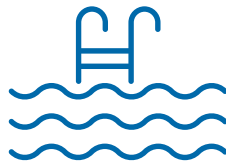
Huerfano County Community Center
928 Russell Ave
Walsenburg, CO 81089
(719) 738-1910

Gardner Community Center
28 CR 632
Gardner, CO 81055
(719) 746-2001

Mt. Carmel Community Center
911 Robinson Ave
Trinidad, CO 81082
(719) 845-4880

Swimming Pools

Trinidad Aquatic Center
1309 Beshoar Ave.
Trinidad, CO 81082
(719) 846-2675



Walsenburg Wildwaters
700 W. Seventh
Walsenburg, CO 81089
(719) 738-6204



Raton Regional Aquatic Center
100 Memorial Ln
Raton, NM 87740
(575) 445-4271

Skate Parks/Rink



Walsenburg Skatepark
700 W. Seventh
Walsenburg, CO

Trinidad
1309 Beshoar Ave.
Trinidad, CO



Skateland
424 W. Main
Trinidad, CO 81082
(719) 846-2722

Bowling

Trinidad Lanes
823 Van Buren Street
Trinidad, CO
(719) 846-7201



Crown Lanes
221 Main Street
Walsenburg, CO
(719) 738-1077

Opportunities for all ages

Clubs



4

H

Huerfano County-401 Main St, Walsenburg, CO 81089
(719) 738-2170 x131

Las Animas County-200 E First St, RM 104, Trinidad, CO 81082
(719) 846-6881

Girl Scouts, <https://www.girlscouts.org/>

Kiwanis Club of Trinidad- PO Box 808, Trinidad, CO 81082

Trinidad Lions Club- 603 Prospect St, Trinidad, CO 81082

Mason's Lodge - 132 E Main St., Trinidad, CO 81082, (719) 846-2861

Elks Lodge -120 S. Maple St., Trinidad, CO 81082, (719) 846-2980

Knights of Columbus -205 S. Commercial St, Trinidad, CO 81082

Knights of Columbus -121 E. 7th St. Walsenburg, CO 81089

Dance Connection - 34442 Hwy 12, Trinidad, CO 81082, (719) 845-0530

www.danceconnectiontrinidad.com

Illusions Dance Studio, 131 E. Main Street, Trinidad, CO 81082, (719) 229-4286

Hot Yoga on Main - 134 W. Main St. Suite 23, Trinidad, CO 81082, (719) 422-3899,

www.hotyogaonmain.yoga

La Veta Yoga - 200 S. Main Street, La Veta, CO 81055, (415) 233-2632

La Veta Dance Arts -PO Box 286, La Veta, CO 81055, (719) 298-8701

Two Peaks Fitness - 216 S. Main Street, La Veta, CO 81055, (719) 742-3555



The Arts

A.R. Mitchell Museum of Western Art, 1501 E Main St, Trinidad, CO 81082

(719) 846-4224, <https://www.armitchellmuseum.com/>

Art Cartopia Museum, 2702 Freedom Rd, Trinidad, CO 81082

El Raton, 115 N. 2nd Street, Raton, NM 87740 (575) 445-7008

Francisco Center for the Performing Arts-127 W. Francisco Street, La Veta, CO 81055, (719) 695-0687, www.lavetatheaterweb.org

Fox West Theatre, 423 W. Main Street, Trinidad, CO, (719) 846-2851

Main Street Live- 131 W. Main St, Trinidad, CO 81082, (719) 846-4765

www.mainstreetlive.org

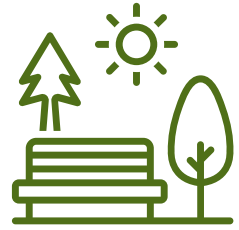
Shuler, 131 N. 2nd Street, Raton, NM 87740 (575) 445-4746



Parks



Las Animas County



Fisher's Peak State Park

Exit 11
Trinidad, CO

Trinidad Lake State Park

32610 Hwy 12,
Trinidad, CO
(719) 846-6951

North Lake - North Fork State

Wild Life Area
Hwy 12, Trinidad, CO
(719) 561-5300



Spanish Peaks State

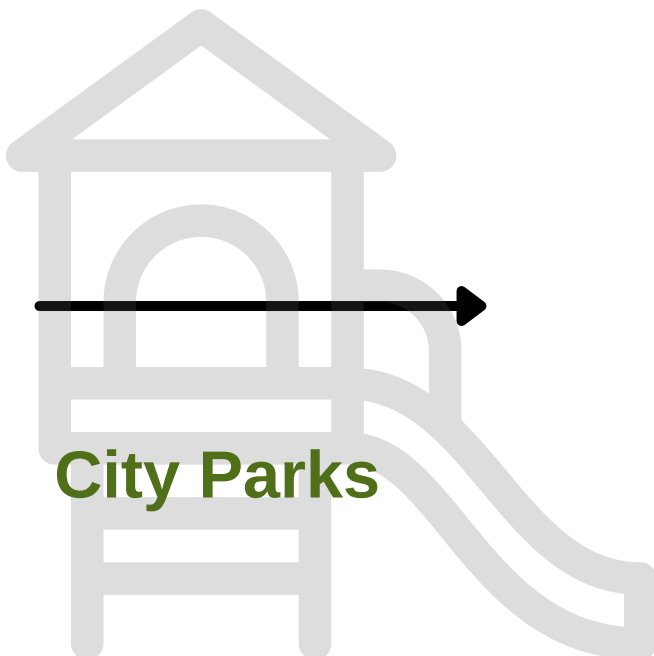
Wildlife Area
Apishapa Rd.
Aguilar, CO

Bosque Del Oso
State Wildlife Area-
Hwy 12, Trinidad, CO

Monument Lake Resort

4789 CO-12
Weston, CO
(719) 224-8447

KaBoom Playground - Las Animas County Fairgrounds 2000 N. Linden Ave, Trinidad



City Parks

Central Park

700 Smith Ave, Trinidad, CO

Cimino Park

231 Modica Dr. Trinidad, CO

Kit Carson Park

930 San Pedro Ave, Trinidad, CO

Los Ninos Park & Soccer Field

301 E. Elm St. Trinidad, CO

Sister Blandina Garden

225 N. Commercial Street, Trinidad, CO

Huerfano County

Lathrop State Park
70 CR 502, Walsenburg, CO

Apishapa State Wildlife Area
Hwy 10, Walsenburg, CO

Fiesta Park
928 Russell, Walsenburg, CO

Huerfano State Wildlife Area
Co Rd 580, Gardner, CO

Wahatoya State Wildlife Area
Co Rd 358 La Veta, CO

Cuchara Mountain Park
1234 Panadero Ave., La Veta, CO

City Park-700 W. 7th St, Walsenburg, CO

City Parks

Civic League/Pinon Park - 101 S Hendren, Walsenburg, CO

Heritage Park - 400 Main St, Walsenburg, CO

Miners Plaza-corner of Main & 6th, Walsenburg, CO



CHURCHES

Apishapa Valley Chapel

309 S. Romero
Aguilar, CO 81020
719-406-5203

St. Anthony's Catholic Church

125 S. Fir St.
Aguilar, CO 81020
719-941-4124

International Holiness Church

609 Fir St.
Aguilar, CO 81020

Branson Community Church

Athey Ave
Branson, CO 81027
719-946-5646

Christ in the Canyons

2 locations
Cokedale Schoolhouse
& 1532 Santa Fe Trail
Trinidad, CO 81082
719-846-0836

The Lord's Chapel

Hwy 12 1/4
West of Segundo, CO 81082
719-846-8506

St. Ignatius Catholic Church

CR 18.4 & CR 45.4
Trinidad, CO 81082
719-846-3369

Stonewall Community Church

10 miles W of Weston on Hwy 12
719-680-2394

San Isidro Catholic Church

Vigil, CO
719-846-3369

Seventh-Day Adventist

1605 Aiello St
Trinidad, CO 81082
719-846-0244

New Hope Ministries

Walsenburg
108 Kansas Ave
Walsenburg, CO 81089
719-738-1104

Emmanuel Apostolic Assembly

711 W. Second
Walsenburg, CO 81089
719-738-1873

Apostolic Lighthouse Tabernacle

I-25, Exit 11, South of Walmart
Trinidad, CO
719-680-0986

Assembly of God

924 N Nevada
Trinidad, CO 81082
719-859-4050

Trinity Bible Baptist

1102 Stonewall Ave
Trinidad, CO 81082
770-530-5981

Fisher's Peak Community Church

10377 Santa Fe Trail Dr
Trinidad, CO 81082
719-846-6018

Church of God

214 Kansas St
Trinidad, CO 81082
719-680-0374

First Christian

200 S. Walnut St
Trinidad, CO 81082
719-846-3843

Most Holy Trinity Roman Catholic Church

135 N Church St
Trinidad, CO 81082
719-846-3369

Holy Innocents Catholic

119 W Colorado Ave
Trinidad, CO 8182
303-807-3948

Church of Christ

1000 Nevada Ave
Trinidad, CO 81082
719-846-2919

Kingdom Hall

1713 Goodale St
Trinidad, CO 81082
719-846-3119

Assembly of God

311 W. Fourth
Walsenburg, CO 81089
719-738-1822

Temple Aaron

407 S Maple St
Trinidad, CO 81082
719-846-2781

Zion's Lutheran Church

510 Pine St.
Trinidad, CO 81082
719-846-7785

First United Methodist

216 Broom St
Trinidad, CO 81082
719-846-6824

Church of the Nazarene

733 Stonewall Ave
Trinidad, CO 81082
719-859-1536

Faith Christian Fellowship

2608 Santa Fe Trail
Trinidad, CO 81082
719-846-9673

Good Life Fellowship

goodlifefellowship.com
719-845-0567

Hidden Treasure Ministries

208 Pine St
Trinidad, CO 81082
719-742-5766

New Hope Ministries

16991 CR 87
Trinidad, CO 81082
719-469-3508

First Pentecostal Church

10375 Santa Fe Trail
Trinidad, CO 81082
719-846-2987

First Baptist Church of La Veta

311 W. Main St
La Veta, CO 81055
719-742-3476

St. Mary Catholic Church

121 E Seventh
Walsenburg, CO 81089
719-738-1204

United Methodist Church of La Veta

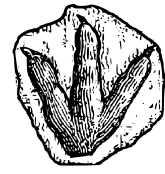
416 S. Main
La Veta, CO 81055
719-742-3241

Feed Store Church

f1012 Cherry St.
La Veta, CO 81055
719-852-2361



REGIONAL MUSEUMS



APISHAPA VALLEY HERITAGE CENTER

APISHPAHISTORICAL@GMAIL.COM

151 Main Street, Aguilar, CO
(719) 941-4678 or (719) 680-0528

A.R.MITCHELL MUSEUM

WWW.ARMITCHELLMUSEUM.COM

150 E. Main Street, Trinidad, CO
(719) 846-4224

Art Cartopia Museum

2702 Freedom Road, Trinidad, CO
(719) 846-3473

Buell Children's Museum

210 N. Santa Fe Ave., Pueblo, CO
(719) 295-7200

Bloom Mansion

312 E. Main Street, Trinidad, CO
(719) 846-7212

C & S Locomotive

638 Purgatoire Drive, Trinidad, CO

El Pueblo History Museum

301 N. Union Ave., Pueblo CO
(719) 583-0453

FOLSOM MUSEUM

WWW.FOLSOMMUSEUM.ORG

101 Main Street Folsom, NM
(575) 429-9075

FRANCISCO FORT MUSEUM

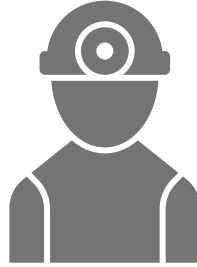
WWW.FRANCISCOFORT.ORG

306 S. Main La Veta, CO.
(719) 742-5501

KOSHARE INDIAN KIVA AND MUSEUM

WWW.KOSHAREHISTORY.ORG

115 West 18th, La Junta, CO.
(719) 384-4411 for hours.



LOUDEN-HENRITZE ARCHAEOLOGY MUSEUM

WWW.TRINIDADSTATE.EDU/ARCHAEOLOGY-MUSEUM/INDEX.HTML

Trinidad State College Library Lower Level.
600 Prospect Street, Trinidad, CO
(719) 846-5508

Ludlow Memorial

County Road 44, Trinidad, CO

MINER'S MEMORIAL MUSEUM

305 W. Main Street, Trinidad, CO

MUSEUM OF FRIENDS

WWW.MUSEUMOFFRIENDS.ORG

109 E. 6th Street, Walsenburg, CO
(719) 738-2858

OTERO MUSEUM

WWW.COLORADOPLAINS.COM/OTERO/MUSEUM

706 W. 3rd Street, La Junta, CO
(719) 384-7500

Pueblo Heritage Museum

201 W. B Street, Pueblo, CO
(719) 295-1517

Raton Museum

108 S. 2nd Street, Raton, NM
(575) 445-8979

TRINIDAD HISTORY MUSEUM

WWW.HISTORYCOLORADO.ORG/MUSEUMS/TRINIDAD-HISTORY-MUSEUM

312 E. Main Street, Trinidad, CO
(719) 846-7217

Trinidad Photography Gallery

319 W. Main Street, Trinidad, CO

WALSENBURG MINING MUSEUM

WWW.HUERFANOHISTORY.ORG/MINING-MUSEUM.HTM

112 W. Fifth Street, Walsenburg, CO
(719) 738-1992



The Special Supplemental Nutrition Program for (Women, Infants and Children (WIC) program provides personalized nutrition education, breastfeeding support, as well as screening and referrals to other health, food and community programs. While on WIC you receive nutritious foods such as fresh fruits and vegetables, milk, cheese, eggs, cereal, and dried beans or peanut butter that are specific to the needs of pregnant, postpartum and children age birth to five. WIC participants must meet certain financial requirements. Medicaid, SNAP (Food Stamps) and TANF are automatic qualifiers but many working families also qualify. Any caregivers (dads, grandparents, kinship or foster) with children under the age of five are welcome.

WIC also provides a Breastfeeding Peer Counselor by text or phone to answer questions and help you during your pregnancy and after delivery as breast milk should be the first food for baby.

Call the office closer to you to see if you qualify!
<https://www.healthinformatics.dphe.state.co.us/WICSignUp>



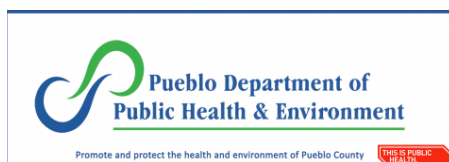
Las Animas County
412 Benedicta Ave
Trinidad, CO 81082
(719) 846-2213

Huerfano County
119 E 5th
Walsenburg, CO 81089
(719) 738-2650

WIC Income Eligibility Guidelines: July 1, 2021 - June 30, 2022

Household Size	Gross Income				
	Yearly	Monthly	Twice Monthly	Bi-weekly	Weekly
1	\$23,828	\$1,986	\$993	\$917	\$459
2	\$32,227	\$2,686	\$1,343	\$1,240	\$620
3	\$40,626	\$3,386	\$1,693	\$1,563	\$782
4	\$49,025	\$4,086	\$2,043	\$1,886	\$943
5	\$57,424	\$4,786	\$2,393	\$2,209	\$1,105
6	\$65,823	\$5,486	\$2,743	\$2,532	\$1,266
7	\$74,222	\$6,186	\$3,093	\$2,855	\$1,428
8	\$82,621	\$6,886	\$3,443	\$3,178	\$1,589
For each additional family member:	+\$8,399	+\$700	+\$350	+\$324	+\$162

If you are pregnant, count yourself as two. To find out if you are eligible, please contact your local WIC clinic.





HUERFANO FAMILY RESOURCE CENTER



Proud Member
Since 2014
Family Resource Center Association

615 Russell St, Walsenburg, CO 81089 | (719) 738-2378

Huerfano/Las Animas Family Resource Center

Vision

To establish resources and opportunities to meet the needs of children, youth and their families; To create innovative, family driven, and culturally sensitive solutions to the challenges confronting child development in our community; To create an environment where children and youth grow up learning respect for themselves, their families, neighbors and community.

Mission

The Huerfano/Las Animas Family Resource Center is committed to helping identify and eliminate as many barriers as possible that put children, youth and their families at risk of not reaching their greatest potential.



Key Programs

- Collaborative Management Program (CMP)
- Community Playgroup for children ages 0 - 5
- Family Engagement and Permanency Roundtable Meetings
- Personal Responsibility Education Program (PREP)
- Promoting Safe and Stable Families (PSSF)
- System of Care/COACT program

Serving Our Community

Everyone needs help now and then. It might be a financial struggle, troubled relationship, family member struggling with addiction or a problem with a child. Maybe it's a special needs child who needs support. Our trained staff has someone to listen and help. We are people that can simply meet other people wherever they happen to be in life.

Our Center is unique because of programs that allow us to reach and nurture and uplift the human being behind the struggles. We can be at a person's side as they deal with harsh realities and learn how to access resources and overcome the obstacles in their lives. Our Center is also the place to come for enriching an already full life, making community connections, and implementing improvements for our neighborhoods.

Reaching out can be scary. Change can be scary. We have a commitment to diversity and inclusivity no matter what the circumstances. Our staff will help find new and creative solutions to problems and help children, youth and families reach their greatest potential.



Essentials for Parenting

<https://www.cdc.gov/parents/essentials/overview.html>

Essentials for Parenting Toddlers and Preschoolers is a free, online resource developed by the Centers for Disease Control and Prevention (CDC). Designed for parents of 2 to 4 year olds, Essentials for Parenting addresses common parenting challenges, like tantrums and whining. The purpose of the resource is to provide as much information as possible on things you can do to build a positive, healthy relationship. Skills focus on encouraging good behavior and decreasing misbehavior using proven strategies like positive communication, structure and rules, clear directions, and consistent discipline and consequences.

Essentials for Parenting includes:

- Articles with a variety of skills, tips, and techniques
- “Frequently Asked Questions” answered by parenting experts
- Fun and engaging videos featuring parents, children, and parenting experts who demonstrate and discuss skills
- Free print resources like chore charts and daily schedules

Essentials for Parenting is based on:

- Decades of research and practical parenting experience suggesting that certain skills are useful in building a positive relationship and in handling children’s challenging behaviors.
- Research conducted by CDC about the types of questions parents have, where and how they look for information, and how they want to receive information.

All Families are Not Alike

We know that every child and every parent is unique. You face many different situations and challenges every day. We don’t take a one-size-fits-all approach or think of this as a set of strict parenting rules that must be followed. We hope to give you new ideas for parenting so you can make the best decisions about what can work with your child and family.



<https://sccog.colorado.gov/>

South Central Council of governments works with local entities in the Huerfano and Las Animas counties in numerous ways, including assisting with grant application to both state and local agencies and setting up community-need programs, such as meals for senior citizens, transit services, day care services, and housing rehabilitation. Founded in 1975, South Central Council of Governments represents a collaboration between area government and agencies to enhance community services and increase available funding levels to raise local standards of living.

Services

Aging Senior Programs
Housing Rehabilitation
Early Learning Center
Energy Resources
Regional/Community Development
Public Transportation
Hearing Impaired 1-800-659-2656
(TTY) / 1-800-659-3656

Office Locations

Administration

Trinidad Office
300 Bonaventure Ave
Trinidad, CO 81082
719-845-1133

Walsenburg Office
928 Russell Ave
Walsenburg, CO 81089
719-738-6898

Early Learning Centers









1225 Rosita Ave	100 Spruce St
Trinidad, CO 81082	Walsenburg, CO 81089
719-845-0568	719-738-2335

Area Agency on Aging

1222 San Pedro
Trinidad, CO 81082
719-846-3336

.....

Car Seat Safety

Car Seats COLORADO							
SEAT	AGE	WEIGHT/HEIGHT	CORRECT USE	ASIENTO	EDAD	PESO/ALTURA	USO CORRECTO
 Rear-Facing Car Seats	Newborn to age 3 (keep rear-facing as long as possible)	Use seat to maximum manufacturer recommended weight or height.	<ul style="list-style-type: none">• Rear-facing only.• Never place in front seat.• Many seats snap into a base that attaches to the vehicle. Base and seat should be tightly secured.• Harness should be snug and come from at or below the child's shoulders. The chest clip should be at chest/armpit level.	 Hacia atrás	Recién nacidos a 3 años (mantenga el asiento hacia atrás el mayor tiempo posible)	Hasta el peso o la altura máxima recomendada por el fabricante.	<ul style="list-style-type: none">• Únicamente hacia atrás.• Nunca colocar en el asiento del frente.• Muchos asientos se acoplan en la base que se sujeta al vehículo. La base y el asiento deben estar firmemente instalados.• El arnés ajusta cómodamente y está a la altura de los hombros o arriba. El clip en el pecho debe estar al nivel de las axilas.
 Forward-Facing Car Seats	Age 2 to 5		<ul style="list-style-type: none">• Harness should be snug and come from at or above child's shoulders. The chest clip should be at chest/armpit level.• Install with seat belts or lower anchors and top tethers.• Lower Anchors have weight limits.	 Hacia adelante	De 2 a 5 años		<ul style="list-style-type: none">• El arnés ajusta cómodamente y está a la altura de los hombros o arriba. El clip en el pecho debe estar al nivel de las axilas.• Instalar con el cinturón o las argollas de sujeción inferiores y las argollas de fijación superiores.• Las argollas de sujeción inferior tienen límites de peso.
 High Back or Backless Booster Seats	Age 4 to 12 (or until seatbelt fits properly)		<ul style="list-style-type: none">• Shoulder belt fits snugly across the shoulder (not across the neck or face).• Lap belt flat across the upper thighs (not the stomach).	 Elevado de espaldas alto o sin espaldas	De 4 a 12 años (o hasta que pueda usar el cinturón de seguridad correctamente)		<ul style="list-style-type: none">• El cinturón en el hombro pasa cómodamente por la mitad del hombro (no por el cuello o la cara).• El cinturón en el regazo pasa plano por la parte superior de los muslos (no por el estómago).
 Lap and Shoulder Seat Belts	Older than age 8 (for some kids, not until age 12)	When seat belt fits properly.	<ul style="list-style-type: none">• Shoulder belt fit snugly across the shoulder.• Lap belt flat across the upper thighs.• Back against the seat.• Knees bend comfortably at edge of seat.• All children under age 13 should sit in the back seat.	 Cinturones de seguridad de regazo y pecho	Mayor de 8 años (para algunos niños apenas a los 12 años)	Quando el cinturón de seguridad ajusta correctamente.	<ul style="list-style-type: none">• El cinturón en el hombro ajusta cómodamente entre el cuello y el hombro.• El cinturón en el regazo pasa plano por la parte superior de los muslos.• La espalda contra el asiento.• Las rodillas doblan cómodamente al borde del asiento.• Todos los niños menores de 13 años deben sentarse en el asiento trasero.
Above guidelines based on NHTSA recommendations. All restraints should be installed and fitted according to the manufacturers' instructions and your vehicle owner's manual.			For details on the law or to have a free professional car seat check, visit CarSeatsColorado.com .	Todos los asientos de seguridad deben instalarse y ajustarse de acuerdo con las instrucciones del fabricante y al manual de instrucciones de su vehículo.			Las indicaciones anteriores se basan en las recomendaciones de NHTSA. Para obtener detalles sobre la ley o para una revisión profesional gratuita de su asiento de seguridad, visite CarSeatsColorado.com .

tips by text

Free activities, games, and resources for parents and caregivers of children under 5 sent right to your cell phone

text

BRIGHT

to 274448



*Standard text and data fees may apply





**COLORADO
SHINES**

**START EARLY
START STRONG
QUALITY EARLY LEARNING**

FIND THE RIGHT CHILD CARE PROGRAM FOR YOUR FAMILY

Your child's brain grows and develops quickly during the first years of life. This means that birth through age five is a critical time for learning and development. Licensed, quality child care and preschool programs help children prepare for success in school and beyond.

Colorado Shines rates the quality of Colorado's child care and preschool programs. We also connect families with licensed, quality programs in their community and resources to support early learning. Visit [ColoradoShines.com/Families](https://coloradoshines.com/Families) to learn more.

CHOOSING THE RIGHT PROGRAM — WE'RE HERE TO HELP!

LEARN ABOUT YOUR OPTIONS

Decide what type of child care is best for your family (a center, family child care home, Head Start). The Colorado Shines Child Care Resource and Referral line has information on all the options. Call [1.877.338.2273](tel:18773382273) or text "child care referral" to [898-211](tel:898211).

SEARCH FOR A LICENSED QUALITY CHILD CARE PROGRAM

The Colorado Shines Child Care Resource and Referral line can give you a list of available child care programs in your community and see if you qualify for financial support, like the Colorado Child Care Assistance Program (CCCAP). Or search for programs online at [ColoradoShines.com/Search](https://coloradoshines.com/Search).

VISIT AND ASK QUESTIONS

Visit programs in-person and talk with the providers. Use the Child Care Checklist on the next page as a guide to the most important things to look for and key questions to ask.

TAKE A CLOSER LOOK

Colorado Shines allows you to research the licensing history and the monitoring reports of child care programs. Visit [ColoradoShines.com/Search](https://coloradoshines.com/Search) to find in-depth information about each program. In the search results, click "View Details" and scroll down to see inspection reports and other key program information.

GET INVOLVED!

Now that your child is enrolled, what's next? You are your child's first and most important teacher! Play, read, sing and talk with your child every day. Make sure you talk to your child's provider regularly about how your child is doing at home and in child care.

Find more tips at EarlyLearningCO.org.

[1.877.338.2273](tel:18773382273)

[COLORADOSHINES.COM/FAMILIES](https://coloradoshines.com/Families)



COLORADO SHINES CHILD CARE WORKSHEET

Use this checklist when you visit programs as a way to make sure you find the best child care to meet your family's needs. Print additional checklists at ColoradoShines.com.

Name of Program: _____ Date of Visit: _____

1. Is your program licensed by the State of Colorado?
2. What are your hours? Are your hours flexible?
3. What days are you closed for holidays or staff training?
4. What is the age range of the children in the program?
5. What is the teacher-to-child ratio?
6. What is a typical day like for my child?
What is the schedule of activities?
7. What are your values when caring for children?
8. What training have you and your staff had?
9. Can I have a list of current parents to contact for their opinion on your program?
10. What do you do when a medical emergency occurs?
11. What kind of daily communication do you provide?
12. How can I participate in the program?

CHECKLIST OF THINGS TO LOOK FOR:

Health and Safety

- ☐ Licensed and in good standing with the State.
- ☐ Equipment is clean and in good repair.
- ☐ Electrical outlets are covered. Emergency route and emergency numbers are posted.
- ☐ Doors are locked and visitors must sign in.
- ☐ All toys are clean and in good condition.
- ☐ The playground has safe surfaces, is fenced and has both sun and shade.

Daily Activities

- ☐ Nutritious meals and snacks are provided.
- ☐ Nap and story time are built into the day.
- ☐ Puzzles, blocks, music and make-believe materials are available.
- ☐ Children have time to choose their own activities.
- ☐ Adults encourage independence and help children learn new skills.
- ☐ Activities are varied and include both outdoor playtime and indoor quiet time.
- ☐ A daily schedule is posted.

Environment Basics

- ☐ Each child has a safe place to sleep, a place to store belongings, and the space is warm and inviting.
- ☐ The children are happy and involved with staff and with other children.
- ☐ The furniture is child-sized and the materials are at the children's level.
- ☐ Materials are age-appropriate and there are enough supplies for children to play alone or to share.
- ☐ Different cultures and traditions are seen in the classroom.

Teacher/Child Interactions

- ☐ There is shared respect between teachers and children.
- ☐ Teachers are at children's eye level when talking with them.
- ☐ Teachers listen closely to each child and use positive language when talking with them.
- ☐ Children are asked questions and not just given directions.
- ☐ The teacher cares for children who are upset.
- ☐ I am comfortable that my child's culture and traditions will be welcomed.





FOR PROGRAMS

SUPPORTING QUALITY EARLY CARE AND LEARNING PROGRAMS

Colorado Shines is the quality rating and improvement system for all of Colorado's licensed early care and learning programs serving children ages 0-5.

Colorado Shines exists to:

- Rate the quality of Colorado's licensed child care and preschool programs
- Help programs continue to improve the quality of services they provide
- Show families a program is committed to quality

Colorado Shines is a free resource for programs, early childhood professionals and families.

Not licensed yet? Check out Colorado Shines.

Quality Helps Children Start Strong

As an early childhood professional, you have a big impact on the children in your program.

Children's brains develop very quickly in the first few years of life. That's why the experiences and relationships that young children have -- at home and in child care -- are so important. The quality of a child's early experiences can impact their development for a lifetime.

A Colorado Shines rating demonstrates your commitment to quality. It communicates to families that your program is a safe place where their children will learn and thrive.

Colorado Shines Professional Development Information System (PDIS)

The Colorado Shines Professional Development Information System (PDIS) is a one-stop online resource for training related to early care and learning. PDIS offers a broad array of e-learning courses addressing all aspects of child development, health and safety, and quality instruction. PDIS is designed to support a variety of early childhood professionals at all levels of experience and education..

Benefits of Using PDIS: Completely free and available online 24/7

Self-paced, no cost self-directed learning environment

High-quality courses created by a local instructional design team

Opportunity to earn professional credentials for career advancement

Customized learning based on current skills and professional goals

Permanent account to maintain and document your professional qualifications and training.

To learn more visit: <https://www.coloradoshines.com/>



COLORADO

Department of Human Services

The Colorado Child Care Assistance Program (CCCAP) provides child care assistance to families who are working, searching for employment, or are in training, and families who are enrolled in the Colorado Works program and need child care services to support their efforts toward self-sufficiency. CCCAP provides you access to reduced cost child care at licensed child care facilities or qualified exempt (unlicensed) child care providers.

The Colorado Child Care Assistance Program is administered through county departments of social/human services under the direction of the CDHS Division of Early Care and Learning. Counties have set income eligibility maximums for families, but must serve families with income of 185 percent or less of the federal poverty guideline (if funding allows), and will not serve families that have an income of over 85 percent of the state median income.

View the [Family Income Guidelines for CCCAP eligibility](#).

You may be eligible to participate in CCCAP if you:

Reside in Colorado

Are working, seeking employment, or are participating in training/education

Have at least one child who is under 13 years old (or 19 years old if the child has special needs or a disability and requires child care)

Have a family income of less than the defined maximum in your county of residence

Recipients with income are responsible to pay a portion of the cost of care.

[Apply on the Colorado PEAK website](#)

Learn more by visiting the [Office of Early Childhood website](#)

Local Offices for more information:

Huerfano County

Department of Social Services

121 W. 6th Street

Walsenburg, CO 81089

(719) 738-2810

Las Animas County

Department of Human Services

202 S. Chestnut Street

Trinidad, CO 81082

(719) 846-2276

Licensed Childcare Centers

South Central Council of Government (SCCOG) Early Learning Centers

Trinidad
Ages 1-13 years
1225 Rosita Ave
Trinidad, CO 81082
719-845-0568

Walsenburg
Ages 1-13 years
100 W. Spruce St
Walsenburg, CO 81089
719-738-2335

Licensed Preschools

Aguilar Public School Preschool

Ages 3-5 years
420 N. Balsam, Aguilar, CO 81020
719-941-4188

Gardner Valley Charter School

25421 CO-69, Gardner, CO 81040
(719) 746-2446

Kim Preschool

Ages 3-5 years
425 State St, Kim, CO 81049
(719) 643-5295

Peakview Preschool

Ages 3-6 years
375 W. Pine Street
Walsenburg, CO 81089
719-738-2190

La Veta Public School Preschool

Ages 3-7 years
126 E. Garland Street
La Veta, CO 81055
719-742-6417

Primero Puppyland Preschool

Ages 3-5 years
20200 Hwy 12, Weston, CO 81091
719-868-2715

Trinidad High Preschool

Ages 3-5 years
816 W. Main St., Trinidad, CO 81082
719-846-9584

Headstart

Ages 3-5 years 11 months

Trinidad
513 Alta Street
Trinidad, CO 81082
719-846-6661

Walsenburg
375 W. Pine Street
Walsenburg, CO 81082
719-738-1038

Licensed Family Home

Peas In A Pod Childcare *****

Heather Belcher

(Ages 1-8 Years)

1004 Delmar Street, Trinidad, CO 81082
719-846-3894

For the latest information visit: <https://www.coloradoshines.com/home>

SCHOOLS

TRINIDAD DISTRICT RE-1 OFFICE

612 Park Street Trinidad, CO 81082
(719)846-3324
<https://tsd1.org/>

FISHER'S PEAK ELEMENTARY

900 Moore Canyon Road Trinidad, CO 81082
(719)846-2513

TRINIDAD MIDDLE SCHOOL (Grades 6th- 8th)

614 Park Street Trinidad, CO 81082
(719)846-4411

TRINIDAD HIGH SCHOOL

816 West Street Trinidad, CO 81082
(719)846-2971

PRIMERO SCHOOL RE-2 (Grades PreK-12)

20200 Highway 12 Weston, CO 81091
(719)868-2715
<https://primeroschool.org>

HOEHNE SCHOOL RE-3 (Grades K-12)

19851 County Rd. 75.1 Hoehne, CO 81046
(719)846-4457
<https://www.hoehnesd.org>

AGUILAR SCHOOL RE-6 (Grades PreK-12)

420 Balsam Aguilar, CO 81020
(719)941-4188
<https://www.aguilarschools.com/en-US>

BRANSON SCHOOL RE-82 (Grades PreK-12)

101 Saddle Rock Drive Branson, CO 81027
(719)946-5531
<https://bransonschooldistrict.com>

KIM SCHOOL RE-88 (Grades K-12)

425 State Street Kim, CO 81049
(719)643-5295
<https://www.kimk12.org>

GOAL ACADEMY

326 N. Commercial Street, Trinidad, CO 81082
(877)776-4625
<https://www.goalac.org>

Las Animas County



SCHOOLS

Huerfano County

HUERFANO DISTRICT RE-1 OFFICE

201 E. 5th Street Walsenburg, CO 81089
(719)738-1520

JOHN MALL HIGH SCHOOL

355 W. Pine Street Walsenburg, CO 81089
(719)738-1610
<http://huerfano.k12.co.us>

LA VETA SCHOOL DISTRICT RE-2)

126 E. Garland La Veta, CO 81055
(719)742-3562
<https://www.lvk12.org/en-US>

PEAKVIEW ELEMENTARY (Grades PreK – 8)

375 W. Pine Street Walsenburg, CO 81089
(719)738-2190

GARDNER VALLEY CHARTER SCHOOL (Grades PreK-8)

25421 Hwy. 69 Gardner, CO 81040
(719)746-2446
<https://www.gardnervalleyschool.org>

GOAL ACADEMY

525 Main St, Walsenburg, CO 81089
(877)776-4625
<https://www.goalac.org>

Online Schools

BRANSON ON-LINE

www.bransonschoolonline.com
(719)946-5531

COLORADO CONNECTIONS ACADEMY

www.colorado.connectionsacademy.com
866-485-1385

Private Schools

GRACE CHRISTIAN CENTER (Grades K-12)

1001 Obregon Trinidad, CO 81082
(719)846-6133

HOLY TRINITY ACADEMY (Grades K-12)

600 Prospect Street Trinidad, CO 81082
(719)846-4522





Early Childhood Education Emphasis

***WANT TO BECOME AN
ELEMENTARY TEACHER
WITHOUT LEAVING HOME?***



Teacher Preparation for Rural Education Program [TPREP]

Elementary and Early Childhood Education degrees from
Trinidad State College (TSC) and
the University of Colorado Denver (CU Denver)!

NOW more than ever...

trinidadstate.edu ➔

Trinidad Campus
600 Prospect Street
Trinidad, CO 81082
1-800-621-TSJC (8752)

Alamosa Campus
1011 Main Street
Alamosa, CO 81101
1-800-411-8382

<https://trinidadstate.edu/>



The Expanding Quality in Infant Toddler Care (EQIT) 48-hour course of training is designed for individuals like you who currently work with or plan to work with infants and toddlers and are interested in improving your knowledge and skills. Past participants include: parents, grandparents, foster parents and child care providers. It is particularly appropriate for child care providers who are looking for an in-depth, hands-on course focused on work with infants and toddlers in group care and who may not have taken many early education college courses.

Once you enroll in the course, you are encouraged to take advantage of on-site coaching to deepen your understanding and skills. Please speak with your EQIT course instructor for more information - (719) 845-0463.

Successful completion of the EQIT 48-hour course of training meets the infant toddler training requirements specific to early childhood teachers, center directors, and the specialized family child care licenses. toddler teachers



COLORADO
Office of Early Childhood
Department of Human Services



**EARLY CHILDHOOD COUNCIL
LEADERSHIP ALLIANCE**

Early Childhood Council Leadership Alliance (ECCLA) was initially formed in 1998 as an informal collaborative among Early Childhood Councils to support each other, align efforts, communicate grant management information, share best practices, and provide local input to state policy decisions. In 2012, because of changes to the statewide system, Councils identified the need to develop an independent support organization. As a result, ECCLA was established in 2013 as an independent 501(c)(3) nonprofit, and in 2014 launched formally as a membership association.

Today, ECCLA is a collective impact leader with strong relationships among all of Colorado's 34 Early Childhood Councils who serve 63 of 64 counties. We are a collective voice and statewide hub which leverages the expertise and network of Early Childhood Councils to advance shared outcomes for young children, families, and the early childhood workforce.

As the membership association for Early Childhood Councils, we provide technical assistance and capacity building, leverage policy and advocacy, scale innovation, improve workforce supports for early childhood professionals, advance collective impact, and facilitate partnerships. In collaboration with Early Childhood Councils, our efforts enable us to effectively align, leverage, scale, and lead solutions that contribute to building and supporting Colorado's robust early childhood system.

ECCLA supports Colorado's 34 Early Childhood Councils as they coordinate locally to align services and resources for families.

We offer opportunities to early childhood professionals such as the T.E.A.C.H. program, and other programs supporting the early childhood sector.

For more information visit: <https://ecclacolorado.org>



We all play a role in preventing
child abuse and neglect.



You dial the number. We'll make the call.

1-844-CO-4-KIDS
(1-844-264-5437)



COLORADO
Department of Human Services

Learn more at

CO4Kids.org



SPECIAL NEEDS SERVICES



South Central Boces

OUR MISSION

South Central Board of Cooperative Educational Services will join forces with member districts to deliver high quality services that enrich educational opportunities to improve student achievement.



SPECIAL EDUCATION SERVICES

Our speech language pathologists, occupational therapists, physical therapists, school psychologists, hearing/vision specialists and support staff in our Special Education Department serve in 12 school districts over 10,000 square miles. They lead student intervention teams, coordinate Positive Behavior Support programs, develop transition plans, aid district personnel in implementing Response to Intervention, and act as advocates for children with special needs by providing the highest level of quality service possible.

OUR BOCES

We are a Board of Cooperative Educational Services, an intermediate service agency created by state legislation to provide cooperative services to member districts. Our office is located in Pueblo West, Colorado, and we service the central region of Southern Colorado. We currently house a Special Education Department, Gifted and Talented program, and an Instructional Media Center that holds 5,000 research-based educational resources. In addition to services and materials, our BOCES also offers professional development opportunities and partners with other local organizations to improve educational services in our region.

Member Districts

Aguilar #6
Branson #82
Cotopaxi RE-3
Crowley County RE-1J
Custer County C1
Fowler R-4J
Hoehne #3
Huerfano RE-1
La Veta RE-2
Manzanola 3J
Primero RE-2
Trinidad #1

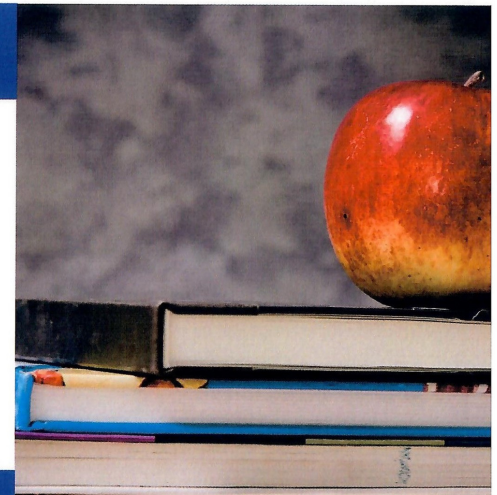
Contact:

Address
323 S. Purcell Blvd
Pueblo West, CO 81007

Website www.sc-boces.org
Phone 719.647.0023
Fax 719.647.0136

Connect with Us!

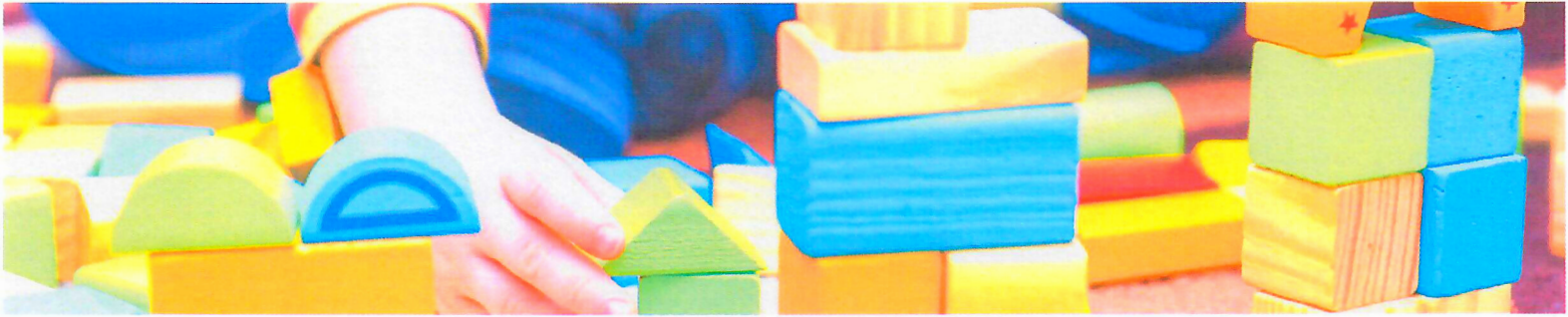
Facebook, Instagram, Twitter
@SCCoBOCES





CHILDREN'S SERVICES

Southern Colorado Developmental Disabilities Services



About SCDDS

Southern Colorado Developmental Disabilities Services (SCDDS) is your locally operated Community Centered Board. We are a non-profit organization and provide services and supports to all individuals in Las Animas and Huerfano counties with developmental and intellectual delays or disabilities.



About Children's Services at SCDDS

Children's services at SCDDS supports children and families in our community through Early Intervention services and through the Family Support Services Program.



About Early Intervention

Colorado's Early Intervention program provides supports and services to children with developmental delays or disabilities and their families from birth until the child's third birthday. Early Intervention Colorado can help families learn ways to support and promote their child's development within their everyday routines and activities.



Trinidad Autism Awareness

P.O. Box 780

Trinidad, CO 81082

719-439-8730

Trinidad Autism Awareness Chapter (TAA) is a 501(c)3 nonprofit organization. All donations and proceeds are dedicated to the growth of understanding and awareness of autism and to the support of local families affected



In the past, conditions labeled as Autistic Disorder, Pervasive Developmental Disorder, and Asperger's Syndrome were diagnosed separately. Now they wear the single label of Autism Spectrum Disorder (ASD). Many with ASD have significant social, communication, and behavioral challenges. Some live day to day with very little help, while others require more assistance. While the causes of ASD remain unknown, there have been advances. Studies have indicated the involvement of many different factors--including environmental, biological, and genetic elements--that predispose a child to ASD. Since there is still no medical test to diagnose ASD, doctors must evaluate behavior and development in order to make a diagnosis. Granting that it is possible to detect ASD even prior to eighteen months in age, a reliable diagnosis can generally be made by an experienced professional after a child's second birthday. If you think your child might have ASD or that there could be a problem with either the way s/he plays or some other aspect of development, contact your pediatrician.

<http://www.trinidadautismawareness.com/>



CHILDREN'S SERVICES



FAMILY SUPPORT SERVICES PROGRAM



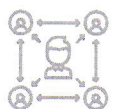
What is the Family Support Services Program?

Family Support is designed to assist individuals and families who live with a person who has a developmental delay or disability to achieve their fullest potential to live a typical lifestyle.



Who is eligible?

The family with whom an intellectually and developmentally disabled person live. No age or income limitations.



What does it fund?

Medical Travel
Medical Equipment and Assistive Technology
Home and Vehicle Modifications
Professional Services
Respite Care
Other Individual Expenses



How does it work?

Family Support Services Program is a reimbursement program in which SCDDS will reimburse the costs associated with supports and services.



CHILDREN'S SERVICES



EARLY INTERVENTION SERVICES



What is Early Intervention?

Colorado's Early Intervention program provides supports and services to infants and toddlers with developmental delays or disabilities and their families.



Who is eligible?

Children ages birth to three years old who qualify for services based on a developmental delay or disability.



What services can we receive?

Speech and Language Therapy
Occupational Therapy
Physical Therapy
Developmental Intervention
Assistive Technology
And More...



How does it work?

Early Intervention Colorado utilizes a parent coaching model, meaning we can help families learn ways to support and promote their child's development within their everyday routines and activities. These services are provided at no cost to families.

Contact Information

Bry Aiken

Children's Services Manager
bryaiken@scdds.com
719-680-3153

Aitza Rodriguez

Service Coordinator
arodriguez@scdds.com
719-220-0385





ABC Disability Support Group

Advocating for inclusion, acceptance, and a better community for the intellectually and developmentally disabled

We are a local non-profit organization made up of a group of parents, teachers, health care workers, and advocates. We promote the general welfare of all people with disabilities. We advise and educate parents, guardians, and all interested parties on the issues, rights and choices for people with intellectual or developmental disabilities. This includes navigation of waivers and sitting with families during the stressful and emotional IEP meetings.



ABC Disability Support Group

Our Values

ABC Disability support Group values integrity, professionalism, generosity, and a commitment to better the lives of the intellectually and developmentally disabled.



Our Purpose

- To promote the general welfare of all people with intellectual or developmental disabilities.
- To advise and educate parents, guardians, friends, and interested persons on the issues, rights, and choices for people with intellectual or developmental disability.
- To educate the community about the issues concerning persons with intellectual or developmental disabilities.
- To facilitate the social emotional growth within our community.
- To promote inclusion and acceptance of the intellectually and developmentally disabled
- To advocate and enlist support of all of the public, private, and religious agencies and with the professional groups in the furtherance of these objectives.



Advocacy

This is a service provided to individuals and their families. ABC Disability Support Group assists in navigating the Individualized Education Program process. This involves research on the advocate's behalf, phone conferences with families, meetings with school personnel, assistance in email writing, and letter writing. The advocate also assists the family in organization of all IEP records.

Social emotional wellness

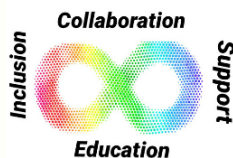
Inclusion is fundamentally one of the most important things for the intellectually and developmentally disabled. We strive to promote inclusion and acceptance within our community. We do this by providing sensory-friendly social emotional events where neuro-typical and neuro-diverse people can interact in a safe environment.



Trainings

Several times a year ABC Disability Support Group is pl partner with other agencies to offer trainings to the community. Past trainings included IEP workshops. These events will be open to the community.

Together we can make a difference



719-220-4558



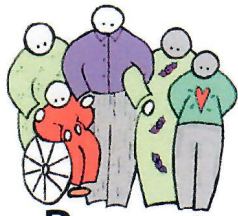
On social media @ ABC Disability Support Group



abccdisability.group@gmail.com

Together, we can change lives. Your help will go a long way.





**Parent
to Parent
of Colorado**

WHERE DO I START? GENERAL RESOURCES

for Parents of Children with Disabilities
or Special Health Care Needs



Between the alphabet soup of disability labels, laws and regulations (IEP, ADA, IDEA, SSI) and the different agencies that serve families with sons and daughters with disabilities (P2P, PEAK, CDE, Arc), it can get a little confusing! *Here is a quick guide to some major statewide resources (unless otherwise noted) and what they provide.*

Parent to Parent of Colorado (P2P)

P2P will help get you to the right resources. Contact us—we're all in this together.

- One to one parent matching, parent support, information and referral
- Active Online Parent Support group linking parents throughout the state
- Website with disability specific resources, parent wisdom and more



1-877-472-7201

www.p2p-co.org

infop2p@

abilityconnectioncolorado.org

The Arcs in Colorado

- Local chapters (listed on The Arc of Colorado website) provide advocacy services for persons with developmental disabilities and their families
- Information and referral, public policy support, community education



303-864-9334

thearcofco.org

Assistive Technology Partners

- Clinical AT services, outreach and information, annual resource exhibition
- Web-based technology exchange program; database of AT funding resources



303-356-2040

assistivetechnologypartners.org

Colorado Cross-Disability Coalition (CCDC)

- Offers information, advocacy and assistance on disability rights issues for youth and adults with all types of disabilities
- Supports and advances public policy impacting the disability community



303-839-1775

ccdconline.org

Colorado Dept of Education (CDE) - Office of Special Education

- Website resources on special education law, school/district programs, etc.
- FAST FACTS on a variety of topics

303-866-6694

www.cde.state.co.us/cdesped/index.asp

Citizens for Patient Safety

- Promotes patient safety through access to info about healthcare providers
- Provides resources and support for informed healthcare decision-making

303-226-5526

citizensforpatientsafety.org

Disability Law Colorado (formerly The Legal Center)

- Advice, education and advocacy on the legal rights of people with disabilities.
- Publishes Everyday Guide to Special Education Law and more
- Serves the entire state, offices in Denver and Grand Junction*

800-288-1376

disabilitylawco.org

Division for Intellectual/Developmental Disabilities (DIDD)

- Part of the [Colorado Department of Health Care, Policy and Financing](http://colorado.gov/hc)
- [Adult Programs](#), including Medicaid Waiver Programs
- [Children's Programs](#), including Medicaid Waiver Programs
- [Behavioral Health Services](#) and Providers



303-866-7450

colorado.gov/hcpf





Easter Seals Colorado

- Respite, therapy programs, adult day programs and summer camps
- Warm water therapy and aquatic programs
- Employment services/support, transportation assessments



303-233-1666 x237

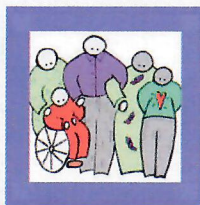
eastersealscolorado.com/co/

Early Intervention Colorado <ul style="list-style-type: none"> Connects families with early intervention services to help infants and toddlers under age three with their development Spanish resources on website 	1-888-777-4041 eicolorado.org
El Grupo VIDA (Metro Denver) <ul style="list-style-type: none"> Information, referrals and support groups for Spanish speaking parents Free annual conference in Denver, Thanksgiving dinner, summer picnic 	303-335-9875 elgrupovida.org
EMPOWER Colorado (A Program of Ability Connection Colorado) <ul style="list-style-type: none"> Support, education and advocacy for families of children/youth who have social, emotional or mental health challenges Statewide internet listserv connecting families; support groups 	1-866-213-4631 empowercolorado.com
Family Voices <ul style="list-style-type: none"> Assists families in navigating health care including Medicaid, Medicaid waivers and private insurance Training and advocacy for families of children with special health care needs 	 1-800-881-8272 familyvoicesco.org
Guardianship Alliance of Colorado (A program of Ability Connection Colorado) <ul style="list-style-type: none"> Information and referral on guardianship of adults, including a volunteer guardianship matching program Training for those seeking to become a guardian for an adult family member 	303-228-5382 guardianshipallianceofcolorado.org
HCP, a program for children & youth with special health care needs <ul style="list-style-type: none"> Regional offices serve children with special needs age birth to 21 Provides developmental screenings Helps families to find a doctor, programs, medical resources and support groups in their community 	800-886-7689, ext. 2370 colorado.gov/pacific/cdphe/hcp
Kids Mobility Network <ul style="list-style-type: none"> Provides durable medical equipment for families who are underinsured or uninsured 	 303-242-8281 kidsmobility.org
Parents Encouraging Parents (PEP) <ul style="list-style-type: none"> Free family-centered education-focused conference offering support, information and training to both parents and professionals Includes lodging and meals; held three times/year 	303-866-6846 www.cde.state.co.us/cdesped/PEP
PEAK - Colorado's Parent Training and Information Center <ul style="list-style-type: none"> Statewide parent advisors who provide information about the special education process and parent's rights Trainings on a variety of topics including Understanding IEPs Inclusion resources and annual conference for parents and school personnel 	 1-800-284-0251 peakparent.org
THRIVE Center <ul style="list-style-type: none"> Mentoring and training for parents with children ages birth to 26 Outreach to underserved, culturally and linguistically diverse families 	 303-365-2772 thrivectr.org

The WHERE DO I START?

series is available for downloading in English and Spanish at p2p-co.org

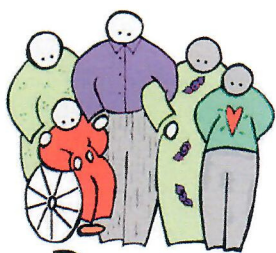
- #1 General Resources
- #2 Disability Specific Resources
- #3 The Three P's: P2P, PEAK, PEP
- #4 Transition for Youth and Young Adults



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Parent to Parent of Colorado
 1-877-472-7201, p2p-co.org

A program of Ability Connection Colorado

10/2016



Parent to Parent of Colorado

WHERE DO I START? DISABILITY SPECIFIC RESOURCES



Parents of children with disabilities frequently request information and support regarding a particular disability. Below is a list of Colorado disability specific organizations that offer resources information and, in some cases, parent support groups. *Also included are major national organizations (in italics).* Call P2P or visit our website for additional resources.

Parent to Parent of Colorado (P2P) p2p-co.org 877-472-7201



P2P will help get you to the right resources. Contact us—we're all in this together.

- One to one parent matching (birth through life), parent support, information and referral
- Active Online Parent Support group linking parents throughout the state
- Website with disability specific resources, parent wisdom and more

Autism/Asperger Syndrome

- Autism Society of Colorado autismcolorado.org 720-214-0794 or 866-733-0794
- Autism and Asperger Connections of Colorado Springs autismaspergerconnections.org
- Autism Society of Boulder County autismboulder.org 720-272-8231
- Larimer County Autism Society autismlarimer.org 970-377-9640
- M.A.S.K. - Mother's of Asperger's Syndrome Kids health.groups.yahoo.com/group/maskas99/ (online)
- Roaring Fork Autism Network rfautism.org 970-309-5485
- Autism Society of America autism-society.org 800-328-8476
- Online Asperger Syndrome Information & Support (O.A.S.I.S.) aspergersyndrome.org

Brain Injury

- Brain Injury Alliance of Colorado biacolorado.org 800-955-2443
- Brain Injury Association of America biausa.org 800-444-6443

Cerebral Palsy

- Ability Connection Colorado (formerly CP of Colorado) abilityconnectioncolorado.org 303-691-9339
- Cerebral Palsy Association of Colorado Springs cpappr.org 719-638-0808
- United Cerebral Palsy ucp.org 800-872-5827

Chromosomal Disorders

- The XYY Project xyysyndrome.org 888-999-9428
- Chromosome Disorder Outreach chromodisorder.org/CDO 561-395-4252
- National Fragile X Foundation fragilex.org 800-688-8765

Down Syndrome

- Colorado Springs Down Syndrome Association csdsa.org 719-633-1133
- Rocky Mountain Down Syndrome Association rmdsa.org 303-797-1699
- National Down Syndrome Congress ndsccenter.org 800-232-6372

Epilepsy

- Epilepsy Foundation of Colorado epilepsycolorado.org 303-377-9774 or 888-378-9779
- Epilepsy Foundation epilepsyfoundation.org 800-332-1000

Fetal Alcohol Syndrome

- NOFAS Colorado nofascolorado.org 720-446-2442
- National Organization on Fetal Alcohol Syndrome nofas.org 800-666-6327

Hearing and Vision Impairments

- American Council of the Blind of Colorado acbcc.org 888-775-2221
- Anchor Center for Blind Children anchorcenter.org 303-377-9732
- Colorado Families for Hands and Voices cohandsandvoices.org 303-492-6283
- Colorado School for the Deaf and Blind csdb.org 719-578-2100
- National Federation of the Blind of Colorado nfbco.org 303-778-1130

Infantile Scoliosis (A program of Ability Connection Colorado)

- Infantile Scoliosis Outreach Program (ISOP) infantilescoliosis.org 303-691-9339 or 866-417-4873

Learning Disabilities/Dyslexia

- Rocky Mountain Branch of International Dyslexia Association dyslexia-rmbida.org 303-721-9425
- International Dyslexia Association interdys.org 410-296-0232
- LD Online ldonline.org
- National Center for Learning Disabilities nclld.org 888-575-7373

Mental Health

- Empower Colorado (A program of Ability Connection Colorado) empowercolorado.com 866-213-4631
- National Alliance on Mental Illness Colorado namicolorado.org 888-566-6264
- The Balanced Mind Parent Network thebalancedmind.org 847-492-8519
- Depression and Bipolar Support Alliance dbsalliance.org 800-826-3632

Spina Bifida

- Spina Bifida Association of Colorado coloradospinabifida.org

Tourette Syndrome

- Tourette Syndrome Association Rocky Mountain Region tsa-rmr.org 720-212-7535
- Tourette Association of America tourette.org 718-224-2999

For information on additional specific disabilities, we recommend:

- CHADD (Children & Adults w/ Attention Deficit/Hyperactivity Disorder) chadd.org 800-233-4050
- Muscular Dystrophy Parent Project parentprojectmd.org 800-714-5437
- Parents of Premature Babies preemie-l.org
- Sensory Processing Disorder Foundation spdnw.org

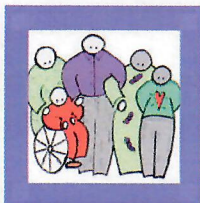
For general information on disabilities from national organizations, we recommend:

- Genetic Alliance geneticalliance.org 202-966-5557
- National Organization for Rare Disorders (NORD) rarediseases.org 800-999-6673

The WHERE DO I START?

series is available for downloading
in English and Spanish at p2p-co.org

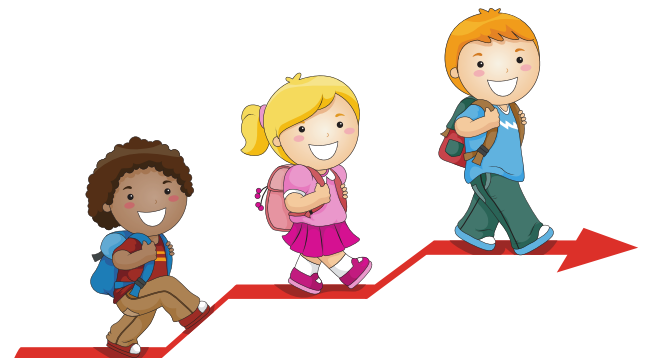
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- #2 Disability Specific Resources
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- #4 Transition for Youth and Young Adults



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A program of Ability Connection Colorado
09/2016



EARLY LEARNING



Hello, Brain Builder!

Your child's brain grows the fastest from birth through age 5. Helping them learn now prepares them for school, friends, and life.

Vroom Tips™ are always free and give you simple and fun ways to boost your child's learning.



Scan or click the QR codes below to get started today!



Download the free Vroom App

- * 1000+ easy activities designed to help your child's brain grow strong
- * Learn the science behind how each activity builds your child's brain
- * Switch easily between English and Spanish on the same app
- * Pick tips by categories that work for you
- * Set reminders for daily activities

Parent Possible collects location and other data via QR code.



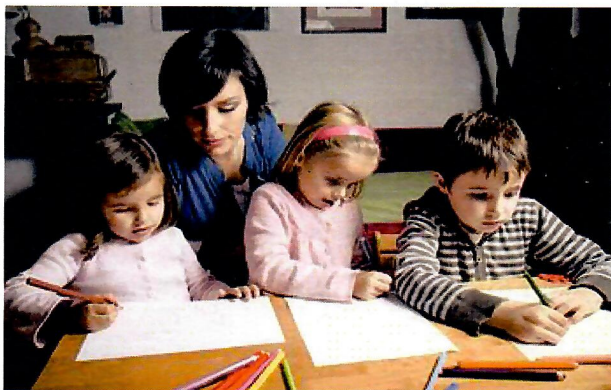
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EARLY LEARNING AND DEVELOPMENT GUIDELINES

The **Colorado Early Learning and Development Guidelines** describe the trajectory of children's learning and development from birth to eight years old. These guidelines include a broad description of children's growth to ensure a holistic approach to creating positive early childhood environments. For each age level, the guidelines address approaches to learning, health and physical development, social and emotional development, language, literacy, numeracy, logic and reasoning, and other subject-specific learning.

The Guidelines acknowledge and are responsive to variations in culture, languages, and abilities. For instance, child rearing practices, developmental expectations, the role of different family members, and the child's own individual versus collective identity, may vary across cultures. To address this, the Guidelines include examples and resources that address the particular requirements of children for whom English is a second language and children with learning or physical challenges.

The Guidelines also acknowledge the great variation in when and in what order children attain particular developmental milestones. The knowledge and skills described are designed to provide support and information to families, caregivers, and educators concerning children's development within certain age spans, rather than dictate exactly when or how each child should progress.



COLORADO
Office of Early Childhood
Department of Human Services

www.coloradoofficeofearlychildhood.com

To view the guidelines, please visit:

SPANISH – www.aprendizajetemprano.org

ENGLISH – www.earlylearningco.org

0-4
MONTHS

Colorado Early Learning & Development Guidelines

During the first four months of life, babies change and grow quickly. Newborns learn by seeing, listening and touching the things that surround them. They begin to communicate what they need, and they develop a sense of attachment and security with their caregivers.

KIDS THIS AGE MAY:	HOW YOU CAN HELP THEM DEVELOP:
Be sensitive to loud sounds, bright lights, or activity, and they may suddenly throw their arms out to the sides when startled.	These are normal responses. Move them to a quiet atmosphere to protect them from too much noise or activity.
Learn to adjust their posture for comfort and snuggle into a caregiver's body when being held or fed. <i>*NOTE: Babies who are born early may move differently or use body positions that are different from those of typical babies.</i>	Offer a variety of positions for them when they are awake, such as in your arms, on your shoulder, or on the baby's back, sides, or stomach, to promote body movement and to acquaint babies with different postures.
Begin to follow their parents' and caregivers' faces with their eyes, later moving their head. Copy facial expressions in response to parents' or caregivers' voices or smiles.	Build skills and trust simply by looking at them warmly and quietly when they are awake. Match the baby's level of interest and ability to take in sounds and actions.
Develop a sense of trust and security with parents and caregivers and feel secure with their parents and caregivers.	Provide consistent routines that help them know what to expect. This may mean doing some things, such as feeding and changing, the same way each time.

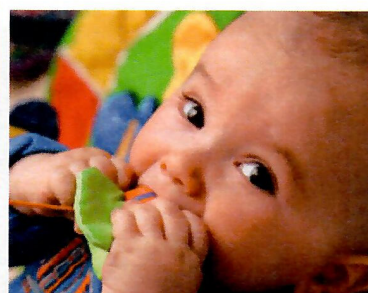
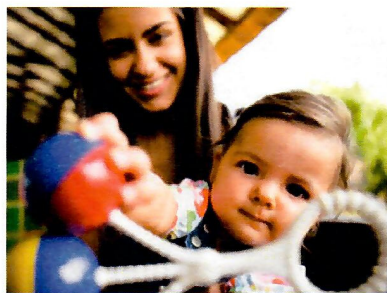


4-8
MONTHS

Colorado Early Learning & Development Guidelines

Infants between four and eight months old may explore objects with their mouths and by kicking, reaching, grasping, pulling and letting go. They delight in discovering new skills. Kids at this age often smile, laugh, coo and reach out to engage their parents and other caregivers. They love to listen and respond to language by imitating the sounds and rhythms that they hear.

KIDS THIS AGE MAY:	HOW YOU CAN HELP THEM DEVELOP:
Look at an object in her hand, mouth it, and then take it out to look at it again.	Expose kids to a variety of sensory experiences like sights, sounds, tastes, textures, movements, smells, both indoors and outdoors.
Hold head, roll from back to stomach and from stomach to back. Sit without support or move from a sitting position onto hands and knees.	Provide opportunities for them to move and engage in a variety of physical activities, such as lying on a blanket on the floor in a safe area.
Cry when hearing another baby cry or stop playing and look at a child who is crying.	Talk about what other children are feeling or expressing with their sounds, gestures, or facial expressions.
Repeat sounds when babbling, such as "dadadada" or "babababa."	Respond to the baby's cooing and babbling and converse as if the baby understands everything you are saying. Imitate sounds or gestures that the baby makes and allow time for the baby to imitate you.
Respond to a wave by waving and saying, "bye-bye."	Use everyday routines, such as leaving, to role-play social language games, like waving goodbye or blowing kisses.
Shake a toy, hear the sound it makes and then shake it again. Bang a spoon on the table, notice the loud sound it makes and then do it again.	Offer toys that they can grasp and explore and see a response. Shake sound toys so they can hear the noises they make and react. Respond to the baby, pointing out the effects of their actions on toys. For example, say, "Look how you made the ball move!"

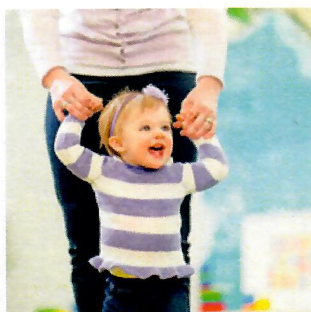


9-18
MONTHS

Colorado Early Learning & Development Guidelines

Children between nine and 18 months old are ready to explore their world and are becoming more mobile. They show strong attachment to the adults in their lives and a fascination with their peers. They practice communication by babbling and they understand and can respond to a growing number of words.

KIDS THIS AGE MAY:	HOW YOU CAN HELP THEM DEVELOP:
<p>Creep on hands and knees or feet, pull up to a stand, using furniture for support.</p> <p>Cruise while holding onto furniture or walk without support.</p>	<p>Encourage them to move to get what they want.</p> <p>Provide "props" such as simple toys with wheels as they experiment with standing and walking.</p>
<p>Point to or indicate parts of the body when asked.</p>	<p>Play naming games about parts of body while holding them or while looking in the mirror.</p>
<p>Use comfort objects, such as a special blanket or stuffed toy, to help calm down.</p> <p>Seek to be close to a parent or caregiver when upset.</p>	<p>Recognize when they have comforted themselves. For example, say, "You found your bear and made yourself feel better." Hug, smile and laugh with them.</p>
<p>Use two words together, such as "Daddy give."</p>	<p>Talk and read together. Use new and familiar words or sign language and repeat these words in different ways.</p>
<p>Build a tower with blocks and kick it over, then build it up again and knock it down.</p>	<p>Provide cause and effect toys, like jack-in-the-boxes, and toys with moving parts, like cars, and demonstrate how they work.</p>
<p>Bring a small stool over to reach a toy on top of a shelf, having observed an adult do it.</p>	<p>Encourage them to solve problems. For example, say, "You are working hard on that puzzle." Help only when they show that they need help.</p>



Colorado Early Learning & Development Guidelines

Toddlers between 19 and 36 months old are developing independence and a strong sense of self-identity. More and more, they insist on trying tasks by themselves and exerting control over their environments. They have a growing interest in books, art, toys, and other activities. They are better at communicating and understanding the world around them.

KIDS THIS AGE MAY:	HOW YOU CAN HELP THEM DEVELOP:
Pedal a tricycle, climb up ladders or walk backwards a few feet.	Play games that require physical actions, like rolling, throwing, and kicking balls or chasing.
Begin to make comparisons between themselves and other kids. For example, they may communicate that "_____ is a boy/girl like me."	Recognize when they identify their size, hair color or gender and provide opportunities to interact with other kids of diverse culture, ethnicities and abilities.
Insist on zipping up a jacket or say, "Do it myself!" when a parent tries to help.	Allow them time to do things for themselves and acknowledge the actions.
Use 300-1000 words. <i>*NOTE: Recognize that kids who speak a language other than English at home or are English language learners may mix words from different languages in the same sentence.</i>	Make room for their participation when telling, singing, or reciting stories and songs. <i>*NOTE: For those who speak a language other than English at home or are English language learners, you can help when they mix words from different languages by repeating what they say using all words in the same language.</i>
Put all the soft stuffed animals in one pile and all the hard plastic toy animals in another pile and label the piles "soft animals" and "hard animals."	Encourage sorting and matching by pointing out the similarities and differences. For example, you can say, "This piece is blue. Let's find another piece that is blue."
Initiate and follow through with some personal care routines like drinking from a cup without spilling much or helping set the table for lunch.	Provide tools, like a stool at the sink or a coat hook within reach, to allow them to begin to do things themselves. Help only when needed.

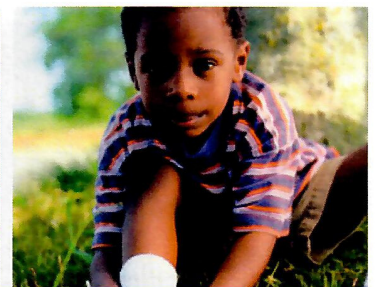
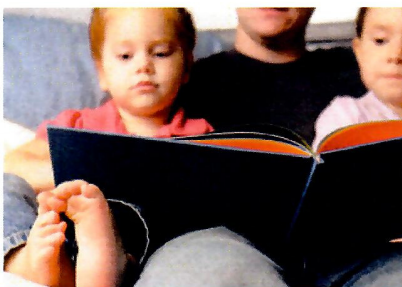


3-5
YEARS

Colorado Early Learning & Development Guidelines

Between ages three and five, kids build skills that prepare them for elementary school and beyond. Their bodies, brains and feelings are continuing to develop. They continue to explore their world and their learning focuses on different subjects, like math and science.

KIDS THIS AGE MAY:	HOW YOU CAN HELP THEM DEVELOP:
Begin to handle their impulses and feelings better. Follow simple rules, routines and directions.	Establish, explain, and model simple rules, like a bedtime routine, in simple ways they can understand.
Begin to pretend to read and write in scribbles or symbols. Recognize words that rhyme and the letters in their own name.	Keep reading to kids. Point out signs and words on items at home, in the classroom, neighborhood or stores. Encourage them to write letters.
Build math skills and get better at counting and sorting objects by color and size.	Take advantage of every opportunity to count, group and order objects and materials.
Think through problems and apply strategies for solving them.	Ask kids questions that apply to real problems and talk with them about different approaches to solving problems.
Observe nature and make predictions about natural events. For example they may explain how seeds grow, or how you should care for animals.	Encourage children to ask questions and seek answers by exploring and thinking about what they learn.
Use their imaginations and creativity, and express ideas in many ways. Start moving to music they like or drawing stories.	Provide children with examples of diverse music at home or other places in their community.
Start to speak and understand a lot more in English if it is not their first language. Answer "yes" or "no" to certain questions or repeat simple words in songs if English if it is not their first language.	Describe things you see and use actions and real objects to help children understand what is being read, said or sung in English.



5-8
YEARS

Colorado Early Learning & Development Guidelines

From ages five through eight, kids' thinking, feeling and growth will continue to develop. But as they transition into kindergarten, their learning will be more formal and focus on the subjects categorized in Colorado's Academic Standards:

- **Comprehensive Health and Physical Education.** Kids need to get enough rest and exercise. At this age, they should be able to follow directions and understand how to stay safe.
- **World Languages.** Learning a new language and about a new culture helps students to learn more about their own culture and experiences.
- **Reading, Writing and Communicating.** Kids may start to write the alphabet in kindergarten and write complete thoughts by third grade.
- **Mathematics.** Kids start learning their numbers and shapes in kindergarten, by the time they are in third grade, they may begin using those numbers to add, subtract, multiply and divide.
- **Science.** Kids learn about the earth, living things and the world around them.
- **Social Studies.** Kids will learn about history, geography, economics and government.
- **Music, Dance, Visual Arts and Drama.** Kids learn how to express themselves and build confidence through performance and the arts.

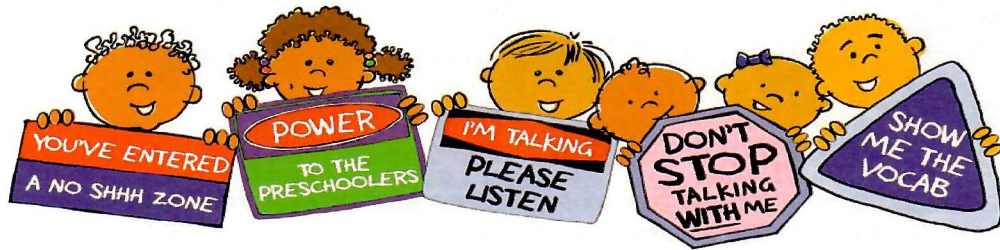
At this age, kids will also learn skills that will help in all of their learning, in life and in school. These skills may include understanding similarities and differences or being able to talk and write about their thoughts and ideas.

How you can help:

- Talk with kids and ask them questions about what they are learning at school.
- Visit their classrooms or attend school events. Contact their teachers when you have questions.
- Encourage kids to try different activities. Arrange outings to the library, zoo, park or museum.
- Write or make up stories together. You can start a story and let your child finish it or take turns.
- Provide healthy food, encourage exercise and take kids to the doctor for regular checkups.

For more information about **Colorado's Academic Standards** visit:
www.cde.state.co.us/standardsandinstruction/coloradostandards





LANGUAGE, LITERACY AND LEARNING

Language is the foundation for all learning from the time of birth. Language is built through meaningful conversations and interactions with other people. Language needs to be “pushed” and “pulled”. Adults “push” by talking, modeling and imitating language and then they “pull” by getting the child to imitate and/or talk back to them.

A simple model for adults to use with children is called **TALK**

Developed by the Rollins Center for Language & Literacy, **TALK©** is a research-based strategy to build children's language through meaningful conversation. **TALK** is an acronym that encourages individuals to Tune-In by observing what the child is doing, Ask Open-Ended Questions, Lift Language and Keep Conversations Going. By using the **TALK** strategy, adults can increase a child's vocabulary and lay the groundwork for reading comprehension

T – Tune in = Enter the child's world by speaking to him/her at eye level and watching and noticing what the child is interested in.

A – Ask questions = Use open-ended questions that encourages the child to use more than one word to answer.

Examples – “Tell me about...” “What do you think will happen next?” “How did you do that?”

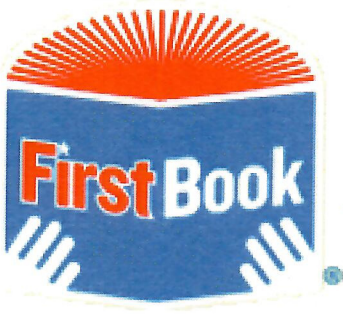
L – Lift language - Help the child increase his/her vocabulary by “pushing in” new words that relate to what is being talked about – bath time, playground time, grocery shopping, bed time are great times to build and lift language!

K – Keep it going! Try to get 5 back and forth exchanges (eye contact with babies). Tie language into real life. Center time at school and daily routines at home offer great opportunities to keep it going!

www.atlantaspeechschool.org



Rollins Center for Language & Learning

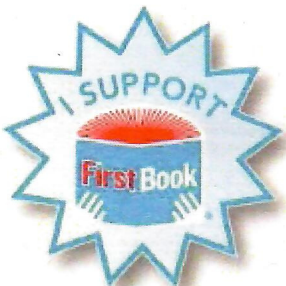


Access to New Books for Children in Need

First Book provides access to new books for children in need. To date, First Book has distributed more than 130 million books and educational resources to programs and schools serving children from low-income families throughout the United States and Canada. First Book is transforming the lives of children in need and elevating the quality of education by making new, high-quality books available on an ongoing basis. We are proud of our past success and even more excited about the future. First Book is uniquely positioned to become a leader in providing digital resources so that children in need don't miss out. No matter how formats and technologies change, children from low-income families will still need access to rich and varied content. First Book is helping guide the publishing industry as it evolves so that all children can benefit from new technologies and flourish as readers.



First Book and Huerfano and Las Animas Counties Early Childhood Advisory Council are now partners! This great opportunity will ensure our communities that early literacy will be happening as resources will be available. Keep an eye out at the Health Departments WIC offices as well as the local pediatrician offices for books!

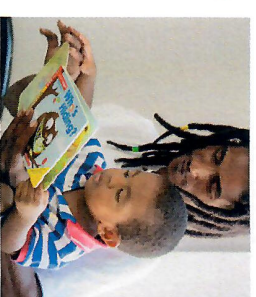


www.firstbook.org

MILESTONES OF EARLY LITERACY DEVELOPMENT

NEWBORN TO 6 MONTHS

TALK, READ, SING, PLAY Right from birth, babies are listening, looking, and learning. So find, and enjoy, those everyday moments when you can talk, read, sing, and play together with your baby.



6 TO 12 MONTHS

MOTOR DEVELOPMENT

What your child is doing

holds head steady
sits in lap without support
grasps book, puts in mouth
drops, throws book

12 TO 24 MONTHS

holds and walks with book
no longer puts book in mouth right away
turns board book pages

2 TO 3 YEARS

learns to turn paper pages, 2 to 3 pages at a time
starts to scribble

3 TO 4 YEARS

turns pages one at a time, and from left to right
sits still for longer stories
scribbles and draws

4 TO 5 YEARS

starts to copy letters and numbers
sits still for even longer stories

COMMUNICATION AND COGNITION

What your child is saying and learning

smiles, babbles, coos
likes and wants your voice
likes pictures of baby faces
begins to say "mā," "bā," "dā"
responds to own name
pats picture to show interest

says single words, then 2- to 4-word phrases
gives book to adult to read
points at pictures
turns book right-side up
names pictures, follows simple stories

adds 2-4 new words per day
names familiar objects
likes the same book again and again
completes sentences and rhymes in familiar stories

recites whole phrases from books
moves toward letter recognition
begins to detect rhyme
pretends to read to dolls and stuffed animals

can listen longer
recognizes numbers, letters
can retell familiar stories
can make rhymes
learning letter names and sounds

ANTICIPATORY GUIDANCE

What parents can do

Ask questions and wait for your child to answer
Read and speak in your first language

talk back and forth with your baby; make eye contact
cuddle, sing, talk, play, read
point at and name things: nose, ball, baby, dog...
follow baby's cues for "more" or "stop"
play games such as "peek-a-boo" or "pat-a-cake"

smile and answer when your child speaks or points
let your child help turn the pages; keep naming things
use books in family routines: naptime, playtime, bedtime; on the potty; in the car, bus
use books to calm or distract your child while waiting

ask "Where's the dog?" or "What is that?"
be willing to read the same book again and again
as you read, talk about the pictures
keep using books in daily routines

ask "What happens next?" in familiar stories
point out letters, numbers
point out words and pictures that begin with the same sound
together, make up stories about the pictures

relate the story to your child's own experiences
let your child see you read
ask your child to tell the story
encourage writing, drawing
point out the letters in your child's name

WHAT TO READ

board and cloth books;
books with baby faces;
nursery rhymes

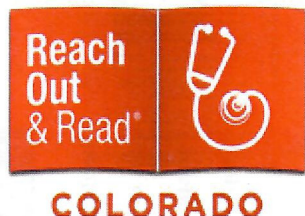
board books; rhyming books;
picture books; books that name things

rhyming books; picture books that tell stories;
search and find books

picture books that tell longer stories; counting and alphabet books

fairy tales and legends; books with longer stories; fewer pictures

LET YOUR CHILD CHOOSE WHICH BOOK TO READ. FIND STORIES ABOUT THINGS YOUR CHILD LIKES.



**READ TO
YOUR CHILD
20 MINUTES
EVERY DAY**

What is Reach Out and Read?

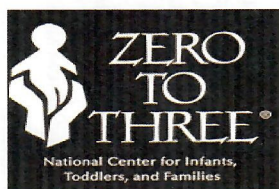
Our Mission

Reach Out and Read prepares Colorado's youngest children to succeed in school by partnering with doctors to prescribe books and encourage families to read together. Reach Out and Read trains doctors and nurses to advise parents about the importance of reading aloud and to give books to children at pediatric checkups from 6 months to 5 years of age with a special focus on children growing up in poverty. By building on the unique relationship between parents and medical providers, Reach Out and Read helps families and communities encourage early literacy skills so children enter school prepared for success.

Making an impact in Colorado

Reach Out and Read Colorado is a 501(c)(3) that is part of the national [Reach Out and Read program](#) and is the statewide Coalition of Colorado's Reach Out and Read Sites. In 2014 Reach Out and Read Colorado will distribute more than 165,000 books to more than 90,000 children. Currently the program is administered at 230 clinics in 53 Colorado counties.

www.reachoutandreadco.org



www.zerotothree.org

School Readiness Interactive Birth to 3 - A web-based, interactive learning tool designed to help parents and caregivers support their young children's early learning. You'll find age-based information on how children develop the four key skills—language and literacy skills, thinking skills, self-confidence and self-control—that are critical to later school success.

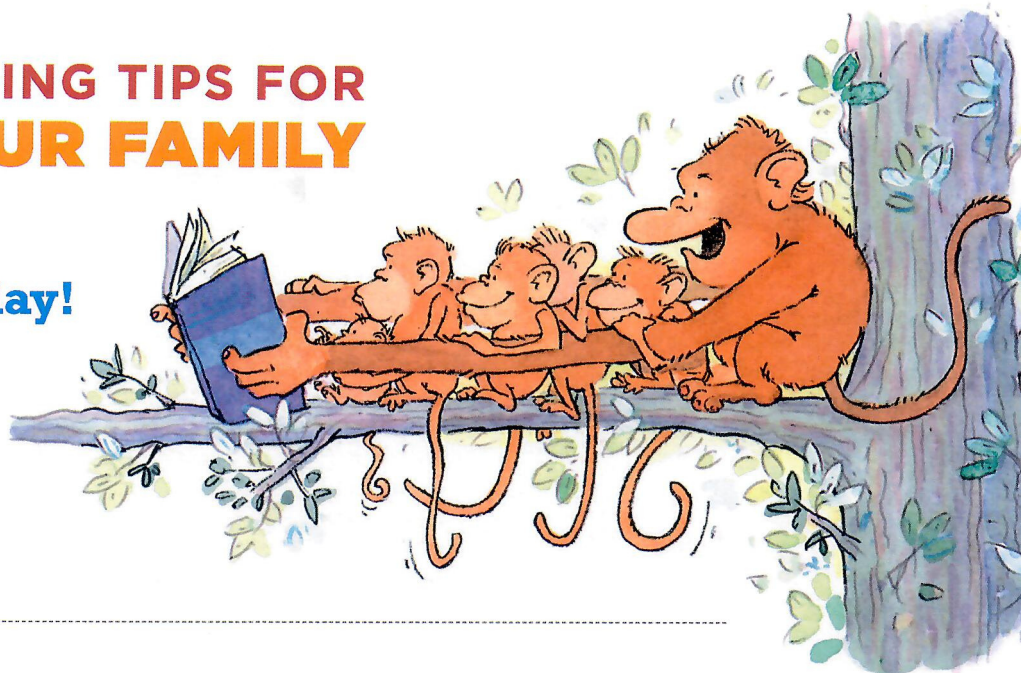
Getting Ready for School Begins at Birth - Discusses strategies for using everyday moments and routines to help children develop early literacy and other school readiness skills from birth to 3 years.

Everyday Ways to Support Your Baby's and Toddler's Early Learning - Download this handout (in both English and Spanish) to learn more about how you can support your child's development—and have fun together—in the everyday moments you share.

Learning to Write and Draw - Discusses strategies for using everyday moments and routines to help children develop early literacy and other school readiness skills from birth to 3 years.



READING TIPS FOR YOUR FAMILY



Read aloud every day!

It's **FUN**. It's **SPECIAL TIME** with your child. It helps children learn **LOTS** of **NEW WORDS**.

IT'S NEVER TOO EARLY TO START!

Babies love to be held and to hear your voice. Cuddle up together and look at board books.

A FEW MINUTES IS OKAY

Young children may sit still for only a few minutes. They will listen longer as they grow.

LET YOUR CHILD TURN THE PAGES

Babies and toddlers need help to turn board book pages. A three-year-old likes to turn paper pages without help.

READ FAVORITE STORIES OVER AND OVER

Children love to hear the same stories again and again. This is how they learn.

ASK YOUR CHILD QUESTIONS ABOUT THE STORY

Where is the moon? What do you think will happen next? Be sure to give your child time to answer!

MAKE THE STORY COME ALIVE

Read with fun and excitement in your voice. Try loud, or soft, or silly voices.

TALK ABOUT THE PICTURES

Make up stories to go with the pictures. Let your child join in!

READ ANYWHERE, ANYTIME

Read at playtime, bedtime and naptime. Read any place you have to wait. Read at the playground or under a tree, in the car or on the bus.

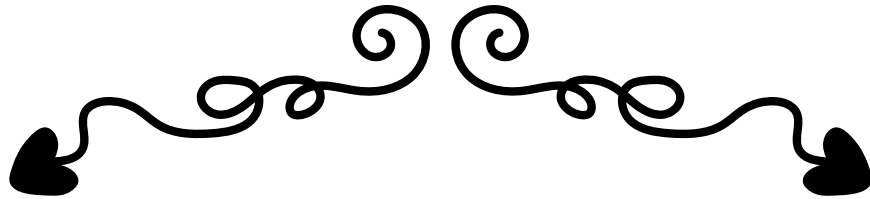
GO TO YOUR LOCAL LIBRARY TO GET MORE BOOKS

Your local library has lots of free books. Let your child choose which ones to bring home.

When children are read to by people they love, children learn to love books!

Resource Web Sites

Baby Center - <https://www.babycenter.com>
Brazelton Center - <https://www.brazeltontouchpoints.org>
Catholic Charities Diocese of Pueblo - <https://www.pueblocharities.org/>
Center for Early Literacy Learning - <http://www.earlyliteracylearning.org>
Center on Developing Child at Harvard University - <https://developingchild.harvard.edu>
Child Abuse and Neglect Hotline - <https://cdhs.colorado.gov/colorado-child-abuse-and-neglect-hotline-reporting-system>
Children First Resource and Referral - <https://www.pueblocc.edu/ChildrenFirst>
Colorado Child Abuse and Neglect - <https://co4kids.org/>
Colorado Children's Campaign - <https://www.coloradokids.org>
Colorado Crisis Center - <https://coloradocrisisservices.org/>
Colorado Department of Education (CDE) - <https://www.cde.state.co.us/>
Colorado Department of Human Services - <https://cdhs.colorado.gov/>
Colorado Early Learning Guidelines - <https://earlylearningco.org/resources>
Colorado Office of Early Childhood (OEC) - <https://www.coloradoofficeofearlychildhood.com/>
Colorado Peak - https://peak--coloradopeak.force.com/peak/s/peak-landing-page?language=en_US
Colorado Shines - <https://www.coloradoshines.com>
Colorado Workforce - <https://www.vroom.org/>
Cooking Matters - <https://cookingmatters.org>
Council for a Strong America - <https://www.strongnation.org/>
Early Childhood Council Leadership Alliance (ECCLA) - <https://ecclacolorado.org/>
Energize Colorado - <https://energizecolorado.com/>
Early Childhood Mental Health Colorado - https://www.coloradoofficeofearlychildhood.com/OEC_Families?p=Family&s=Early-Childhood-Mental-Health-Consultation&lang=en
Executives Partnering to Investing in Children (EPIC) - <https://www.coloradoepic.org/>
Essentials for Parenting Toddlers and Preschoolers - <https://www.cdc.gov/parents/essentials/overview.html>
General Federation of Women's Clubs - www.GFWC.org
For Our Babies - <https://www.forourbabies.org>
Health Solutions - <https://www.health.solutions/>
Illuminate Colorado - <https://www.illuminatecolorado.org/>
National Association for the Education of Young Children - <https://www.naeyc.org>
Nurse Family Partnership - <https://www.nursefamilypartnership.org/locations/colorado/>
Nurturing Parenting - <https://www.nurturingparenting.com/>
Parent Possible - <http://www.parentpossible.org/>
Parents as Teachers - <https://parentsasteachers.org/>
Pathways - <https://pathways.org>
Pinwheels for Prevention - <https://preventchildabuse.org/resources/pinwheels-for-prevention>
Poison Control - <https://www.poison.org/>
Raise Colorado - <https://raisecolorado.org>
Raising of America - <http://www.raisingofamerica.org>
SafeCare Colorado - https://www.coloradoofficeofearlychildhood.com/OEC_Families?p=Family&s=SafeCare-Colorado&lang=en
Sudden Infant Death Syndrome - <https://www.cdc.gov/sids/index.htm>
Up to Ten - <http://www.uptoten.com>
VROOM - <https://www.vroom.org/>
Weecycle - <https://www.weecycle.org>
Zero to Three - <https://www.zerotothree.org>



*Each of us must come to care about everyone else's children.
We must recognize that the welfare of our children is intimately linked
to the welfare of all other people's children.
After all, when one of our children needs life-saving surgery, someone
else's child will perform it. If one of our children is harmed by violence,
someone else's child will be responsible for the violent act. The good
life for our own children can be only if a good life is secured for all other
people's children.*

~Lilian Katz

