

# Weld County Early Childhood Resource Guide



This guide is meant to be used as a reference for ideas, services, and supports that are available in our area for children ages 0-5. Information enclosed is not exhaustive, may not be up to date, and not all agencies may have openings. Often a good first step is to speak with your pediatrician about any concerns or questions you may have about your child's growth and development. Additionally, United Way of Weld County has a 211 number that can provide additional resources.

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## Overall

We can build our child's development in many different ways! Below are resources and ideas that you can utilize to help support your child as they grow!

### Resources:

- **Vroom Tips:** An app that sends you daily tips and tools to help parents and caregivers give children a great start. Visit [Vroom.org](https://www.vroom.org) or download the app in your app store.
- **The PLAYbook:** An online or printable workbook that helps us understand development and activities to do with your child. Google the playbook weld childcare ([weldchildcare.com](https://weldchildcare.com))
- **United Way 211:** A phone number or searchable website that can connect you to all kinds of supports from financial to childcare to parenting resources. Visit [211colorado.org](https://211colorado.org)
- **Zero to Three:** Provides all kinds of articles and resources on child development, challenges, and more. Visit [zerotothree.org](https://zerotothree.org)
- **Ages and Stages Questionnaires:** You may fill these out at your child's doctors appointment, but your childcare provider has access to them as well and can complete one for your child to give us more information on their development. Visit [ageandstages.com](https://ageandstages.com) for more information.
- **Early Intervention Colorado:** Provides assessment and referrals for developmental delays in children ages 0-2.5. Call 888-777-4041
- **Child Find:** Provides assessment and referrals for developmental delays in children ages 3-5. Call 970-348-4601

# Nutrition

Nutrition is one of the building blocks for all healthy development. Making sure that your child is eating a balanced and healthy diet can help them grow strong!

## Quick tips and ideas:

- Eat 5 fruits and vegetables per day
- Reduce or eliminate sugary drinks including soda, sports drinks, and juice
- Encourage your child to eat the rainbow (many different colored foods)
- Model healthy eating for your child by trying new foods

## Local Resources:

- **WIC of Weld County:** For families that qualify WIC provides a special supplemental nutrition program for families, infants, and children. This support can start when a mom is pregnant and continues through age 5. <https://www.weldcountywic.com/>
- **Healthy Kids Club (elementary age):** This program is a part of UC Health to promote wellness among elementary age children in northern Colorado. <https://www.uchealth.org/services/community-health/healthy-kids/>

# Nutrition

## Online Resources:

- **Myplate.gov** provides ideas for parents for introducing new foods, resources around picky eating, and much more. <https://www.myplate.gov/life-stages/preschoolers> OR <https://www.myplate.gov/life-stages/kids>
- **Eat Right** provides articles and ideas for supporting growing children's health and nutrition. <https://www.eatright.org/for-kids>
- **Physicians Committee** YouTube video Eat the Rainbow provides information for children about how different foods help your body. <https://www.youtube.com/watch?v=L1StpMfMwXY>



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# Speech

Speech development grows by leaps and bounds in a child's first years of life. Speech delays can be common and are often easily treated with interventions by a speech therapist or pathologist. Speech delays occur for many reasons, sometimes it is as simple as a child having fluid in their ears and not being able to hear sounds very well, sometimes a child may have a tongue tie that is preventing them from making specific sounds, or many other factors. Having your child evaluated for speech if you have concerns about the amount of words they have, their pronunciation, even their drooling can be a great way to ensure development in this domain.

## Quick tips and ideas:

- Talk, talk, talk to your child. Talk to them about the things in the grocery store, talk about what you see while you're driving, talk about what you're doing all day long. It feels silly but this is a great way to build speech capacity in young children
- Look at your kiddo while you talk to them, even better if you can be down low at their level. This helps them to see how your mouth moves and makes the sounds
- Sing simple songs and say nursery rhymes to help children get familiar with the pattern and rhythm of speech

# Speech

## Local Resources:

- **Early intervention:** EI is a one stop shop for all your development concerns. They complete evaluations on children ages 0-2.5 to determine if they qualify for no-cost services and then they connect you to providers. Call 888-733-3734 or google “Early Intervention Colorado Refer a Child”
- **NoCo Speech and Diagnostics:** Provides a free screening to assess your child’s needs. Accepts most insurance and private pay. Located in Greeley and Loveland. Call 970-301-4206 or visit [nocospeech.org](http://nocospeech.org)
- **Bright Skies Therapy Center:** Offers a variety of services in Windsor and Greeley. They provide diagnostic screenings and treatment for different developmental delays. They accept several different insurance sources including Medicaid and private pay. Call 970-451-5032 or visit [brightskiestc.com](http://brightskiestc.com)
- **Aspen Speech Therapy:** Located in Fort Collins, Loveland, and Greeley they offer assessments and treatment for a variety of speech concerns. They accept many insurance sources. You may need a referral from your primary care doctor to be seen by this clinic. Call 970-682-3743 or go to [aspenspeechtherapy.com](http://aspenspeechtherapy.com)
- **Solace Pediatric Healthcare:** Provides a variety of services for young children to support development. Accepts insurance and private pay. Offer home visits, telehealth visits, and in-community supports. Call 970-775-8476 or go to [solacepediatrichealthcare.com](http://solacepediatrichealthcare.com)



# Speech

## Online Resources:

- Speech and Language Milestones from Stanford Medicine: <https://www.stanfordchildrens.org/en/topic/default?id=age-appropriate-speech-and-language-milestones-90-P02170>
- Helping Toddlers with Language Skills: Tips for Encouraging kids age 0-5 to Talk: <https://childmind.org/article/helping-toddlers-expand-their-language-skills/>





## Physical Development

Physical development includes both fine and gross motor skills. This looks at big movements like running, climbing, jumping, and small movements like picking up cheerios, holding a pencil, and more. If you have concerns about your child's muscle tone, clumsiness, inability to run, walk, climb, etc. it may be helpful to have them evaluated by your primary care doctor or some of the resources below.

### Quick tips and ideas:

- Offer your child a variety of physical activities. This could be playing at the park, walking around your neighborhood, obstacle courses inside your home, dancing, kicking a ball, cutting, stringing beads, drawing, etc.
- Have your child dress themselves in the morning to increase their gross and fine motor skills
- Play Simon Says with your child to help them recognize different parts of their bodies while also encouraging their attention span and brain development

### Local Resources:

- **Integrated Pediatric Therapy Associates:** Provides a variety of pediatric supports in Windsor and Greeley. They accept some insurance companies and private pay. Call 970-702-2507 or visit [integratedpedstherapy.com](http://integratedpedstherapy.com)

# Physical Development

## Local Resources Continued:

- **Bright Skies Therapy Center:** Offers a variety of services in Windsor and Greeley. They provide diagnostic screenings and treatment for different developmental delays. They accept several different insurance sources including Medicaid and private pay. Call 970-451-5032 or visit [brightskiestc.com](http://brightskiestc.com)
- **Solace Pediatric Healthcare:** Provides a variety of services for young children to support development. Accepts insurance and private pay. Offer home visits, telehealth visits, and in-community supports. Call 970-775-8476 or go to [solacepediatrichealthcare.com](http://solacepediatrichealthcare.com)
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- **Child Find:** Provides assessment and referrals for developmental delays in children ages 3-5. Call 970-348-4601

## Online Resources:

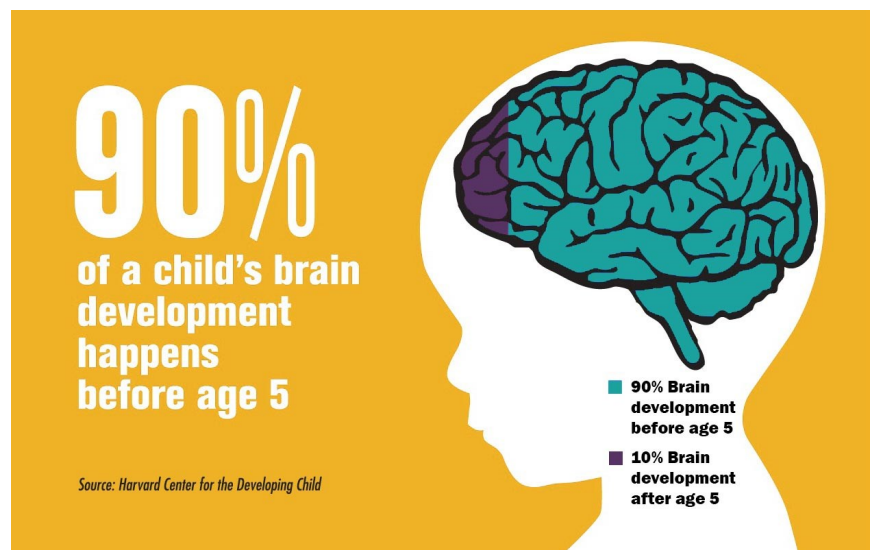
- Is Your Baby’s Physical Development on Track? From Healthy Children ([HealthyChildren.org](http://HealthyChildren.org))
- Ways to Encourage Motor or Physical Development from Help Me Grow Minnesota ([helpmegrowmn.org](http://helpmegrowmn.org))

# Cognitive Development

Cognitive development is how children think, explore the world, and figure things out in their environment. It is the development of knowledge, skills, and problem solving. If you have concerns about your child's attention span, their awareness of their environment, following directions, difficulty remembering things, solving problems, connecting cause and effect, etc. Cognitive delays can also impact a child's ability to communicate or play with others. Your primary care physician may be the best resource to use if you have concerns but there are supports in our community that assess for cognitive needs.

## Quick tips and ideas:

- Read, sing, and play with your child every day to help build their cognitive development
- Play games like memory, matching games, or puzzles to stimulate your child's brain development
- Listen to their why questions and try to answer them as best you can. When in doubt or when you're tired of the why questions ask them what they think



# Cognitive Development

## Local Resources:

- **Bright Skies Therapy Center:** Offers a variety of services in Windsor and Greeley. They provide diagnostic screenings and treatment for different developmental delays. They accept several different insurance sources including Medicaid and private pay. Call 970-451-5032 or visit [brightskiestc.com](http://brightskiestc.com)
- **Children's Hospital Colorado:** Provides comprehensive screening, assessment, and diagnosis for many developmental and neurogenetic conditions. There is often a long waitlist so this may be one you pursue while also looking at others. Call 720-777-6630
- **NoCo Speech and Diagnostics:** Provides a free screening to assess your child's needs. Accepts most insurance and private pay. Located in Greeley and Loveland. Call 970-301-4206 or visit [nocospeech.org](http://nocospeech.org)
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## Online Resources:

- What is Cognitive Development? From Cincinnati Children's Hospital ([CincinnatiChildrens.org](http://CincinnatiChildrens.org))
- Cognitive Development in Preschool Children from Healthy Children ([Healthychildren.org](http://Healthychildren.org))

## Sensory

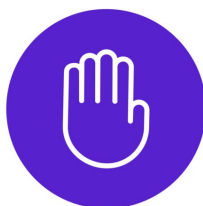
Many of us have sensory preferences, for young children integrating the sensations of the world can be difficult and can lead to distress. This could be sensitivity to light, sound, touch, taste, or smell. Sensory preferences/challenges can create challenging behaviors that may seem to have no cause, short attention span, aversions to certain stimuli, twisting hair, chewing on nails, and more. Sensory integration challenges or even identifying your child's unique sensory preferences can be assessed or supported by Occupational Therapists or your primary care doctor.

### Quick tips and ideas:

- Think of your own sensory preferences, do you prefer the lights dim? Do you need to listen to music while doing certain activities? Do you hate when the seam of your sock is off center? Thinking of your own preferences may help you relate or notice what may be happening for your child.
- Give your child access to many different sensations and see what they like and dislike. This could be things like dry rice, playdough, water play, soft music, a white noise machine, a weighted stuffed animal, essential oils smells, etc.



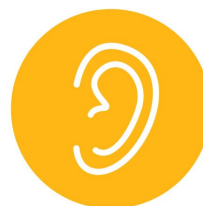
**VISION**



**TOUCH**



**TASTE**



**HEARING**



**SMELL**

# Sensory

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- **Hopebridge Autism Therapy Centers:** Primarily for families who have or are seeking additional information about if their child may have an Autism Spectrum Disorder. They provide assessment, diagnosis, and treatment. Call 970-736-5970 or go to [hopebridge.com](http://hopebridge.com)

# Sensory

## Online Resources:

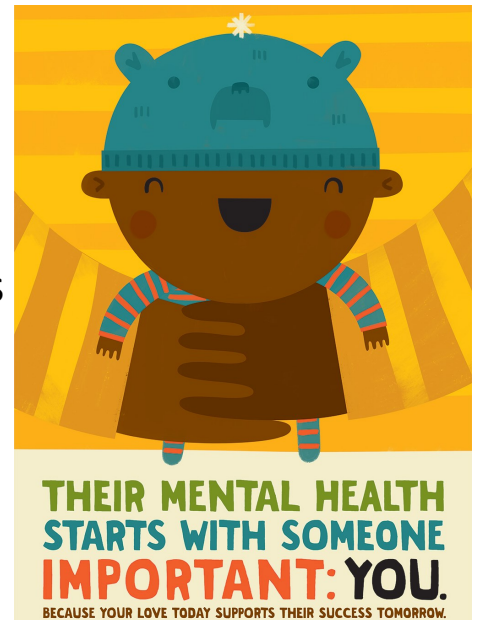
- Sensory Processing Issues Explained from Child Mind Institute ([childmind.org](http://childmind.org))
- The Benefits of Sensory Play for Your Child from Cleveland Clinic Health Essentials ([health.clevelandclinic.org](http://health.clevelandclinic.org))
- Your Child's Sensory Threshold: Mastering the Messiness of Spring-time from Zero to Three ([zerotothree.org](http://zerotothree.org))





# Mental Health

All people have mental health, even children! Mental health or Social-Emotional Development is foundational for children to learn ways to have relationships with peers, adults, and themselves. This developmental domain helps children learn impulse control, self-calm skills, following directions, self esteem, and moving through life's challenges successfully. Many children experience challenges early on in life that may impact their mental health or social-emotional development. The sooner we support children in processing these challenges the less likely they are to impact them long term.



## Quick tips and ideas:

- Talk to children about emotions! This can be your emotions, your child's emotions, the emotions of characters in shows and in books. The more comfortable we are talking about feelings the more children will be able to appropriately express their feelings
- Practice play skills with your child like turn taking, sharing, winning and losing, etc. The more practice they have with us the better they will do with peers
- Teach your child calm down skills like taking deep breaths, walking away, asking for a hug, and more. Practicing while they are calm increases the likelihood they'll use these when upset.

# Mental Health

## Local Resources:

- **North Range Behavioral Health:** Provides a variety of supports including mental health therapy for young children and their families. Accepts most insurance and has a sliding scale fee. Call 970-347-2120 or visit [Northrange.org](http://Northrange.org)
- **LifeStance Therapists:** Mental health therapists with a variety of experience working with all ages. Accepts insurance and has a sliding scale fee. Call 970-310-3406 or visit [Lifestance.com](http://Lifestance.com)
- **Pathways Family Wellness:** Provides mental health therapy to children, families, and individuals. Accepts insurance and private pay. Call 970-356-3100 or go to [pathwaysgreeley.com](http://pathwaysgreeley.com)

## Online Resources:

- **Social Emotional Skills:** Help kids build skills to develop healthy relationships, respect differences, and build the social behaviors and confidence they need from Sesame Workshop ([sesameworkshop.org](http://sesameworkshop.org))
- **Emotions & Self Awareness and Social Skills Topics** from PBS Kids for Parents ([pbs.org/parents](http://pbs.org/parents))



## Parental Supports

Parenting is tough! There's not handbook or one size fits all for parenting. Below are options for parenting classes, home visiting programs, and support groups.

### Quick tips and ideas:

- Connect with other parents in your life. Talk with them about what you are going through, share your successes and challenges
- Ask your childcare provider, child's teacher, your church, or other supports you already have for ideas of parenting classes or supports available. Lean on your community! We're all in this together.

### Local Resources:

- **SafeCare:** Provides home visiting parenting support focusing on health, safety, and parent-child interaction. Is not cost to families and comes with incentives like babyproofing materials and diapers. Call 970-347-2120 and ask to be connected to SafeCare or go to [northrange.org/programs/safecare-colorado/](http://northrange.org/programs/safecare-colorado/)
- **HIPPY (Home Instruction for Parents of Preschool Youngers):** A home visiting program that focuses on early literacy and school readiness. Provided at no cost. Call 970-347-2120 and ask to be connected to the HIPPY or Family Connects Program

# Parental Supports

## Local Resources:

- **North Range Parent Groups:** Offers a variety of parenting support groups and skill building classes. Topics include reducing challenging behaviors, increase parental self-care, neurodevelopment and more. Call 970-347-2120 and ask for parenting groups from Family Connects.

## Online Resources:

- **Love and Logic Online Parenting Course:** Six sessions covering general parenting challenges like arguing, back talk, setting limits, problem solving and more. Visit [Loveandlogic.com](https://www.loveandlogic.com)
- **Zero to Three:** Provides articles on many different parenting and child topics. Visit [Zerotothree.org](https://www.zerotothree.org)
- **Parenting Counts:** Has articles and information about development and typical parenting challenges. Visit [parentingcounts.org](https://www.parentingcounts.org)

