

WORKING YOUR WAY THROUGH THE CHILD CARE MAZE

A Guide to Help Parents Find and Choose Quality Child Care



INSIDE

Discover Why Quality Child Care Matters and What It Looks Like • *Find* Answers to Your Child Care Questions • *Get* Resources to Help You Choose Quality Child Care





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Colorado Department of Human Services
people who help people

HELPING FAMILIES ACROSS COLORADO

Qualistar Colorado and Bright Beginnings are here to help families give their young children the best early childhood experience possible. Together, we bring you this guidebook to help with your search for child care.

QUALISTAR COLORADO

Qualistar Colorado is a nonprofit organization working to advance quality early childhood education across Colorado. Qualistar partners with parents through our website and a statewide network of Child Care Resource and Referral agencies to help them find quality care that best meets their child's needs. Through our 4-Star Qualistar Rating™ and quality improvement tools and resources, we help child care centers and family child care homes to improve the quality of care they provide so that all children have quality early learning experiences.

3607 Martin Luther King Blvd. • Denver, CO 80205

303.339.6800 • 1.877.338.2273

www.qualistar.org



BRIGHT BEGINNINGS

Colorado Bright Beginnings is a nonprofit organization dedicated to the healthy growth and development of Colorado children during the critical first three years of life. Bright Beginnings hopes to influence all Colorado children to reach their full potential to succeed in school and throughout life by educating parents with high quality, developmentally appropriate materials and tools. Bright Beginnings' free visits are available for any Colorado parent of a child prenatal to age 3. We can meet you at your home, your work or any other community setting that's easy for you. We'll come to you and show you just a few techniques to help your child's brain get off to a good start. Please call today to schedule your Bright Beginnings visit.

730 Colorado Blvd., #202 • Denver, CO 80206

303.433.6200 • 1.877.927.6935

www.brightbeginningsco.org





WHY QUALITY CHILD CARE MATTERS

Your child's early years are very important. Research tells us that 90 percent of a child's brain growth potential is reached by age 5. We know from almost 50 years of research that children who receive high-quality child care are more likely to go to kindergarten ready to learn and have a greater chance of success in school and life.

As a parent, you must demand the best care for your child. Choosing care for your young child should be a positive experience for your family. Always remember that you are buying a service to meet both your needs as a busy parent as well as the needs of your child.

A child's earliest teachers must respect her, nurture her and help her to learn. Choosing a provider who connects with young children emotionally is key. It's very important that you choose a provider who reads to your child every day, encourages her curiosity and allows her to explore the world around her.

FOUR STEPS TO FINDING QUALITY CARE FOR YOUR CHILD

There are four steps you should use when choosing quality care for your child. Each step is thoroughly covered in this guidebook. It is important for you to use this book as you visit child care settings. Remember, choosing child care is an investment in your child's future.



STEP ONE: LEARN ABOUT YOUR OPTIONS.

Read this guidebook to learn about all of your child care options. There are local Child Care Resource and Referral agencies that will discuss options with you and give you a list of possible providers. This book tells you how to find them.



STEP TWO: VISIT AND ASK QUESTIONS.

Visit three to five child care programs and talk with the provider or center director. Ask them questions to find out what you can expect from their program. This book gives you three worksheets to use when you visit possible providers. Feel free to make more copies if you visit more than three child care centers.



STEP THREE: TAKE A CLOSER LOOK.

When choosing a formal care setting like a center or family child care home it's important to learn about their licensing records by calling the Division of Child Care at 303.866.5088 or by visiting www.cdhs.state.co.us/childcare. If the program has a Qualistar Rating™, read their Early Learning Report© at www.qualistar.org.



STEP FOUR: YOUR CHILD IS ENROLLED! WHAT'S NEXT?

Be part of your child's learning experience by talking with your child and your child's teachers about his day. Talk to your child's teachers often about how your child is doing at home and school. At home, read to your child and help him explore the world around him.

STEP 1: LEARN ABOUT YOUR OPTIONS

Types of Care



There are several options to think about when looking for child care. One setting might be better for your child than another.

Child Care Centers and Preschools

Care is provided in a setting similar to school where there may be many classrooms and children are usually grouped by age. Child care centers and preschools are regulated by the Colorado Department of Human Services, Division of Child Care.

Family Child Care Homes

Care is provided in a home that has been licensed and is regulated by the Division of Child Care.

School Age Child Care

Care for school age children before and after school, on holidays and during the summer is offered by many kinds of programs. Some programs serve only school age children and some also serve younger children. Certain school age programs are licensed and regulated by the Division of Child Care while others are not. Licensing is optional for Neighborhood Youth Organizations such as the Boys and Girls Clubs of America.

Family, Friend and Neighbor Care

Care is provided by a family member, friend or neighbor in their home or yours. This type of care is not licensed or regulated in Colorado. If the caregiver is providing care for children from more than one family not related to her, this is considered illegal care and the program should be licensed.

Nannies, Au Pairs and Babysitters

Care is provided in your home by someone you hire. You set the hours, expectations and pay for the job. This type of care is not licensed or regulated in Colorado.

STEP 1: LEARN ABOUT YOUR OPTIONS

Choosing Quality Care for a Child with Special Needs

Children with special needs should be included in all child care settings. They not only have wonderful learning experiences in child care, but also help other children to learn and value the unique differences we all have. In a quality child care setting, providers value and respond to differences in children's skills, interests and experiences.

There are resources for families with special needs children as well as those who care for them. If your child has a special need or if you think she might, talk to your local Child Care Resource and Referral agency about finding care for her. Early Intervention Colorado also provides supports and services. Contact them at 1.888.777.4041 or www.eicolorado.org.



Finding Care for Your Special Needs Child

Your local Child Care Resource and Referral agency is a good place to start when looking for and choosing care for your special needs child. Trained referral specialists can help you identify child care programs that have experience or training in caring for children with particular special needs. If the program you are considering needs support and resources in caring for your child, your local Child Care Resource and Referral agency can connect them to community resources that can help them.



STEP 1: LEARN ABOUT YOUR OPTIONS

Matching Your Child's Style with a Child Care Setting

Every child is unique. Your child's likes, dislikes, personality and ways of learning are one of a kind. Look at this list of characteristics and think about how they might be true, or not true for your child:

- He handles change easily.
- She is sensitive to change and gets upset when her daily routine is altered.
- He is easily frustrated and impatient.
- She copes well with frustration.
- He is thoughtful.
- She has an easy time with new people and situations.
- He is cautious with new people and situations.
- She is shy around strangers and needs time to warm up.
- He is happiest interacting with others.
- She feels things strongly and has a hard time controlling her strong feelings, wants and needs.
- He communicates his feelings and doesn't hold back.
- She fusses very little.
- He plays quietly and sleeps a lot.
- She is always on the go.
- He sits quietly and explores with his ears and eyes.

Every setting is unique. Like your child, each child care setting is also unique. And not every setting is right for every child. Below is a list of things you might see in the child care settings you visit. Look at the list and try to picture your child in that setting. What do you think will be a good fit? What might not be a good fit?

- There are lots of large groups that provide new experiences and time for your child to be social.
- Your child bonds with the same caregiver every day; someone who really understands your child.
- The providers respect your child's emotions and help her to express them in a controlled way.
- The providers gently bring in new activities.
- There are individualized schedules based on each child's needs.
- There are safe places to explore and there is plenty of physical play.
- There are opportunities for group play.
- There are small group settings that are less overwhelming.
- The program allows your child to choose when he would like to play with others.
- There are same-age settings with toys and activities for that age.
- There are mixed-age settings that offer enjoyable challenges and stimulation.

There are many things to consider, but the bottom line is: YOU know your child best. Don't depend on what others tell you. You are the most qualified person to make the decision about who should care for your child.

STEP 1: LEARN ABOUT YOUR OPTIONS

Child Care Assistance for Eligible Families with Low Incomes

Child care can be expensive. There is help available for eligible families with low incomes.

What is CCCAP?

The Colorado Child Care Assistance Program (CCCAP) provides financial assistance to low-income families that are working, searching for employment or in training as well as families that are enrolled in the Colorado Works Program and need child care services to support their efforts toward self-sufficiency.

How to Apply

You will need to apply at the Department of Human or Social Services in the county where you live. You must fill out an application for child care services and provide information about your family, your child's immunizations, your income and your work or school program. Contact information for counties can be found at: www.cdhs.state.co.us/servicebycounty.htm or by calling 303.866.5800.

Choosing a Child Care Provider

If you are found to be eligible for the program, you can select a licensed child care center, a family child care home, or a friend, neighbor or relative to care for your child.

You will need to make sure that the provider you choose is willing to accept CCCAP. For help in finding a provider who is willing to accept CCCAP, contact your local Child Care Resource and Referral agency by calling 1.877.338.2273 or by visiting the Qualistar Colorado website at www.qualistar.org.

Parental Fees

If you become a participant of the CCCAP program you are required to pay a portion of your child care costs. This is called the parental fee. The amount you pay is based on your gross income and the number of people in your household.



Contact your local Child Care Resource and Referral agency for free help.

There are probably several child care provider options available in your area. A referral specialist will gather information from you and then offer a list of providers who meet the needs of your family as well as other helpful information. For help with finding your local Child Care Resource and Referral agency, call 1.877.338.2273 or visit www.qualistar.org.

STEP 1: LEARN ABOUT YOUR OPTIONS

Contact Your Qualistar Colorado Child Care Resource and Referral Network Partner

2-1-1 Child Care Options

P: 2-1-1 or 303.561.2244

www.unitedwaydenver.org

Serving Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin, Jefferson and Park Counties

For Provider Services Call:

Denver Child Care Resource and Referral

P: 720.423.2211 or 303.561.2370

www.denverearlychildhood.org

Serving Denver County

Child Care innovations at Red Rocks

Community College

P: 303.969.9666

www.rrcc.edu/childcareinnovations

Serving Adams, Arapahoe, Broomfield, Clear Creek, Douglas, Gilpin, Jefferson and Park Counties

Bright Futures for Early Childhood and Families

P: 1.877.728.5613 or 970.728.5613

www.brightfuturesforchildren.org

Serving Delta, Gunnison, Montrose, Hinsdale, Ouray, and San Miguel Counties

Child Care Connections

P: 719.638.2057 or 719.520.1662

www.childcareconnections.net

Serving El Paso, Elbert, and Teller Counties

Child Care Network

P: 970.879.7330

www.familydevelopmentcenter.org

Serving Jackson, Moffat, Rio Blanco and Routt Counties

United Way of Weld County's Promises for Children Child Care Services

P: 970.353.4300

www.unitedway-weld.org

Serving Weld County

Children First Resource & Referral

P: 719.549.3411

www.pueblocc.edu/CommunityOutreach/ChildrenFirst/

Serving Baca, Bent, Chaffee, Crowley, Custer, Fremont, Huerfano, Las Animas, Otero, Prowers and Pueblo Counties

Children, Youth and Families

P: 303.441.3544 or 303.441.3564

www.bouldercolorado.gov/cyfhhs/childcare

Serving Boulder County

Early Childhood Council of Larimer County

P: 970.377.3388, option 4

www.ecclc.org

Serving Larimer County

Early Childhood Council of the San Luis Valley

P: 719.587.5363

www.eccslv.org

Serving Alamosa, Conejos, Costilla, Mineral, Rio Grande and Saguache Counties

Early Childhood Options

P: 970.513.1170 x 305

www.earlychildhoodoptions.org

Serving Lake, Summit, and Grand Counties

Early Childhood Network

P: 970.928.7111

www.earlychildhoodnet.org

Serving Pitkin, Garfield and Eagle Counties

Western Colorado 2-1-1

P: 2-1-1 or 1.888.217.1215

www.wc211.mesacounty.us

Serving Mesa County

Morgan County Family Center

P: 970.867.9606

www.morganfamilycenter.org

Serving Morgan County

Rural Communities Resource Center, Northeast Colorado Child Care Resource and Referral

P: 970.848.3867

www.nccrrr.org

Serving Cheyenne, Kiowa, Kit Carson, Lincoln, Logan, Phillips, Sedgwick, Washington and Yuma Counties

Southwest Office of Resource and Referral

P: 970.247.5960

www.ecclaplata.org

Serving Archuleta, Dolores, La Plata, Montezuma and San Juan Counties

STEP 2: VISIT AND ASK QUESTIONS

Questions to Ask and Things to Look for Worksheets



STEP TWO

Once you have a list of child care providers from your local Child Care Resource and Referral agency, Qualistar website, or other resource, it's time to start checking them out.

- Narrow your list to three to five providers.
- Visit each center or home.
- Meet with the provider or center director and tour the facility.
- Use the following question and observation worksheets when you visit providers as a way to further narrow your list of options and make notes. Feel free to make more copies of the worksheets if you plan to visit more than three providers.



Look for a Qualistar-Rated Program

The Qualistar Rating™ measures quality in licensed early learning programs, both home- and center-based, that serve children birth-to-kindergarten. The Rating is based on a 4-Star system with a 4-Star indicating the highest quality. See page 14 for more information about the Qualistar Rating™.

STEP 2: WORKSHEET #1

Name of program: _____ Date of visit: _____

Questions to Ask:

1. Is your program licensed by the State of Colorado?
2. What hours are you open? 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 your care?
5. How many children are in each classroom or home? What is the teacher to child ratio?
6. How will my child spend his/her day? What is a typical day like?
7. What is your philosophy regarding caring for children?
8. What training have you and your staff had?
9. May I have a list of current parents to contact for feedback on your program?
10. What do you do when a medical emergency occurs?
11. What kind of daily communication can I expect from you?
12. Are there ways for me to participate in the program?

Things to Look For:

Place an "x" next to the things you see

Health and Safety

- ☐ Equipment is clean and in good repair.
- ☐ Electrical outlets are covered.
- ☐ Emergency route and emergency numbers are posted.
- ☐ The doors are locked and visitors are required to sign in.
- ☐ All toys are clean and in good condition.
- ☐ The playground has safe surfaces, is fenced and has both sun and shade.

Environment Basics

- ☐ The room is warm and inviting.
- ☐ The children are happy and involved with both 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 either play alone or to share.
- ☐ Different cultures and traditions are seen in the classroom.

Daily Activities

- ☐ Nutritious meals and snacks are provided.
- ☐ Nap and story time are built into the day.
- ☐ Puzzles, blocks, music and make-believe stations are provided.
- ☐ Children have a time to choose their own activities.
- ☐ Activities are varied and include both outdoor playtime and indoor quiet time.
- ☐ A daily schedule is posted.

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 attends to children who are upset.
- ☐ I am comfortable that my child's culture and traditions will be welcomed.

STEP 2: WORKSHEET #2

Name of program: _____ Date of visit: _____

Questions to Ask:

1. Is your program licensed by the State of Colorado?
2. What hours are you open? 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 your care?
5. How many children are in each classroom or home? What is the teacher to child ratio?
6. How will my child spend his/her day? What is a typical day like?
7. What is your philosophy regarding caring for children?
8. What training have you and your staff had?
9. May I have a list of current parents to contact for feedback on your program?
10. What do you do when a medical emergency occurs?
11. What kind of daily communication can I expect from you?
12. Are there ways for me to participate in the program?

Things to Look For:

Place an "x" next to the things you see

Health and Safety

- ☐ Equipment is clean and in good repair.
- ☐ Electrical outlets are covered.
- ☐ Emergency route and emergency numbers are posted.
- ☐ The doors are locked and visitors are required to sign in.
- ☐ All toys are clean and in good condition.
- ☐ The playground has safe surfaces, is fenced and has both sun and shade.

Environment Basics

- ☐ The room is warm and inviting.
- ☐ The children are happy and involved with both 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 either play alone or to share.
- ☐ Different cultures and traditions are seen in the classroom.

Daily Activities

- ☐ Nutritious meals and snacks are provided.
- ☐ Nap and story time are built into the day.
- ☐ Puzzles, blocks, music and make-believe stations are provided.
- ☐ Children have a time to choose their own activities.
- ☐ Activities are varied and include both outdoor playtime and indoor quiet time.
- ☐ A daily schedule is posted.

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 attends to children who are upset.
- ☐ I am comfortable that my child's culture and traditions will be welcomed.

STEP 2: WORKSHEET #3

Name of program: _____ Date of visit: _____

Questions to Ask:

1. Is your program licensed by the State of Colorado?
2. What hours are you open? 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 your care?
5. How many children are in each classroom or home? What is the teacher to child ratio?
6. How will my child spend his/her day? What is a typical day like?
7. What is your philosophy regarding caring for children?
8. What training have you and your staff had?
9. May I have a list of current parents to contact for feedback on your program?
10. What do you do when a medical emergency occurs?
11. What kind of daily communication can I expect from you?
12. Are there ways for me to participate in the program?

Things to Look For:

Place an "x" next to the things you see

Health and Safety

- ☐ Equipment is clean and in good repair.
- ☐ Electrical outlets are covered.
- ☐ Emergency route and emergency numbers are posted.
- ☐ The doors are locked and visitors are required to sign in.
- ☐ All toys are clean and in good condition.
- ☐ The playground has safe surfaces, is fenced and has both sun and shade.

Environment Basics

- ☐ The room is warm and inviting.
- ☐ The children are happy and involved with both 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 either play alone or to share.
- ☐ Different cultures and traditions are seen in the classroom.

Daily Activities

- ☐ Nutritious meals and snacks are provided.
- ☐ Nap and story time are built into the day.
- ☐ Puzzles, blocks, music and make-believe stations are provided.
- ☐ Children have a time to choose their own activities.
- ☐ Activities are varied and include both outdoor playtime and indoor quiet time.
- ☐ A daily schedule is posted.

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 attends to children who are upset.
- ☐ I am comfortable that my child's culture and traditions will be welcomed.

STEP 3: TAKE A CLOSER LOOK

Licensing Information



Once you have selected a few child care options that you feel good about, check with the Colorado Department of Human Services, Division of Child Care to see if there are any other things you should be aware of.

Licensing Information

The State of Colorado licenses child care facilities to reduce risks to children and make sure each facility is complying with basic health and safety standards. This license does not guarantee the level of quality but does make sure the provider has met specific requirements, including staff training and background checks. Licensing also regulates the number of staff that should be present in classrooms or homes and the overall numbers of children that can be cared for at one time.

Current License

All licensed child care facilities must post their current child care license in an obvious place easily seen by those entering the child care facility. The license will give you information on the number and ages of children the facility is licensed to care for, and if there are any special conditions or restrictions they must operate under. It will also indicate whether the facility's license is permanent, provisional or probationary. If the license is provisional or probationary you should find out why.

Reports of Inspections

All licensed facilities are reviewed for compliance with regulations on an average of once every two years by the Division of Child Care. In each facility the most recent licensing inspection report should be posted or a notice must be posted to tell you where the report may be reviewed at the facility.



Reviewing Providers' Licensing Files

To make an informed decision, you are encouraged to get information from the Division of Child Care. This information can be found at www.cdhs.state.co.us/childcare by clicking on the tab titled: "Public Access to Provider Review" or by calling 1.800.799.5876. Provider licensing files include dates and results of inspections as well as information about investigations and complaints. For more detailed information you may request a provider file review with the Division of Child Care by calling 1.800.799.5876.

STEP 3: TAKE A CLOSER LOOK

The Qualistar Rating™

Check to See if Any of the Programs Have a Qualistar Rating™

The Qualistar Rating™ measures quality in licensed early learning programs, both home- and center-based, that serve children birth-to-kindergarten. The Rating is based on a 4-Star system with a 4-Star indicating the highest quality. Because the Qualistar Rating™ is voluntary, some programs are rated and others are not.

What does it measure?

Qualistar Rating Specialists, who spend several hours in each classroom, collect information on five different quality components. All of the points that programs earn in each of these quality components are added together to arrive at a Qualistar Rating™. Following are the five important quality components each observer focuses on during these visits.

Five Quality Components

One: Learning Environment

Information is collected about a program's learning activities, physical environment, health and safety practices, and how the program promotes language development.

Two: Family Partnerships

Information is collected on ways a program develops relationships with families, serves as a resource for them and offers them opportunities to be part of their child's early learning experience.

Three: Training and Education

Information is collected on the work experience and formal education in early childhood achieved by the staff working in the home or center.

Four: Adult-to-Child Ratios and Group Size

Information is collected on the ratio of staff members to children. Programs with higher ratios of adults to children and smaller group sizes tend to provide higher quality care for children. Qualistar Colorado recommends a higher ratio of adults to children than the State of Colorado requires.

Five: Accreditation

Information is collected on whether or not the program is accredited through a national accrediting agency.



You can search for Qualistar-Rated Programs

Visit www.qualistar.org and click on "Find Child Care". There you can view an Early Learning Report®, also referred to as a Quality Rating Report, which includes the program's overall rating score as well as the details of each of the five quality component areas.

STEP 4: YOUR CHILD IS ENROLLED! WHAT'S NEXT?

Family Partnerships



After you have found a child care provider, the next step is to enroll your child and become involved in his education. Because children are more likely to succeed at learning when their families and teachers work together to support them, it is important that your child care program values partnerships with the families they serve. Child care centers and family child care homes should have goals for working with families and a plan of activities to meet these goals. Goals should be written together with parents and teachers and with the needs and interests of families and children in mind.



Contact your local Child Care Resource and Referral agency for free help.

There are probably several child care provider options available in your area. A referral specialist will gather information from you and then offer a list of providers who meet the needs of your family as well as other helpful information. For help with finding your local Child Care Resource and Referral agency, call 1.877.338.2273 or visit www.qualistar.org.

STEP 4: YOUR CHILD IS ENROLLED!

WHAT'S NEXT?

Family Partnerships

To help you determine how your center or home is working to build partnerships with you and your child think about the following.

From Your Point of View as a Parent:

- Communication with my child's teacher is two-way. She listens with respect to my questions and concerns and will talk with me without my asking first. She tells me about my child's daily activities, behavior and overall progress.
- My child's program has books, DVDs and other materials to help me with parenting and to answer questions about my child's growth and learning. They tell me about community activities for families as well as places to go for health and education information.
- I am encouraged to take part in my child's classroom activities, in advisory groups and in the center's family events.
- I have opportunities to get to know staff and families.
- I am included in planning and decision making for the program.
- I receive learning activities from my child's program so that I can help her learn at home.
- My family's values and culture are reflected in the program.
- I do not see unexplained changes in my child's behavior.

From Your Child's Point of View:

- I have many fun things to do.
- I sound happy when I talk about my child care program and the staff there.
- My teacher reads stories to us and there are books for me to look at on my own.
- I have friends at child care.
- My teacher is nice to me.
- I have healthy things to eat for snacks and lunch.
- I have a cozy place to rest when I am tired.
- I get to play outside.
- I can play with my friends or by myself if I want to.
- I learn new things all the time.
- I feel safe here.



Learn More About Colorado Bright Beginnings

Colorado Bright Beginnings' programs are free for all Colorado parents with a child birth-to-3 and are available in both English and Spanish. Parents are given a bag of valuable books and materials that help educate and support them as parents. Our programs are focused on the parents and their needs by creating an interactive visit experience. Visitors personalize the discussion and provide parents with resources and tools that support their individualized parenting questions and concerns. The Colorado Bright Beginnings' programs provide accurate, research-based information, education, connections to community resources, and support for parents to make the best decisions for their child's development. Our programs provide families with information, community resources and support to give their children the best start in life. To learn more visit www.brightbeginningsco.org.

COLORADO BRIGHT BEGINNINGS

Regional Office Locations

Alamosa

Valley-Wide Health Systems, Inc.

P: 719.587.1084

E: DuarteJ@vwhs.org

www.vwhs.org

Serving Alamosa, Conejos, Costilla, Mineral, Rio Grande and Saguache Counties

Boulder

Parenting Place

P: 303.449.0177 x4

E: becky@myparentingplace.org

www.boulderparenting.org

Serving Boulder, Broomfield and Gilpin Counties

Colorado Springs

First Visitor at Peak Vista Community Health Centers

P: 719.344.6639

E: lisa.schulz@peakvista.org

www.peakvista.org

Serving El Paso and Teller Counties

Dillon

Family and Intercultural Resource Center

P: 970.262.3888, x302

E: mollyh@summitfirc.org

www.summitfirc.org

Serving Lake, Park and Summit Counties

Durango

La Plata Family Centers Coalition

P: 970.385.4747 x2

E: Jessica@lpfcc.org

www.lpfcc.org

Serving Archuleta, Dolores, La Plata, Montezuma, Ouray, San Juan and San Miguel Counties

Fort Collins

Poudre Valley Health System

P: 970.495.7528

E: brightbeginnings@pvhs.org

Serving Larimer County

Glenwood Springs

Family Visitor Programs

P: 970.945.1234 x13

E: warmwelc@rof.net

www.familyvisitor.org

Serving Eagle, Garfield and Pitkin Counties

Grand Junction

The Parenting Place of Western Colorado

P: 970.254.8240

E: safekids@acsol.net

www.strongfamiliesafekids.com

Serving Delta, Mesa, Montrose and Rio Blanco Counties

Greeley

United Way of Weld County

P: 970.304.6187

E: brenda@unitedway-weld.org

www.unitedway-weld.org

Serving Weld County

Gunnison

Gunnison Valley Bright Beginnings

P: 1.877.927.6935

Serving Chaffee, Gunnison and Hinsdale Counties

Metro Denver

Metro Denver Bright Beginnings

P: 303.321.1214

E: Amy.Slaughter@brightbeginningsco.org

Serving Adams, Arapahoe, Clear Creek, Denver, Douglas and Jefferson Counties

Pueblo

Catholic Charities, Diocese of Pueblo

P: 719.544.4233 x109

E: irhodes@pueblocharities.org

www.pueblocharities.org

Serving Baca, Bent, Crowley, Custer, Fremont, Huerfano, Las Animas, Otero, Prowers and Pueblo Counties

Steamboat Springs

Family Development Center's Newborn Network

P: 970.879.0977

E: newborn@familydevelopmentcenter.org

www.familydevelopmentcenter.org

Serving Grand, Jackson, Moffat and Routt Counties

Yuma

Baby Bear Hugs

P: 970.848.5274

E: ruth.seedorf@babybearhugs.org

www.babybearhugs.org

Serving Cheyenne, Elbert, Kiowa, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington and Yuma Counties

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Call: 1.877.338.2273

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**STEP ONE:
LEARN ABOUT
YOUR OPTIONS.**



**STEP TWO:
VISIT AND
ASK QUESTIONS.**



**STEP THREE:
TAKE A CLOSER
LOOK.**



**STEP FOUR:
YOUR CHILD IS
ENROLLED.
WHAT'S NEXT?**



FOR YOUR FREE COLORADO BRIGHT BEGINNINGS VISIT

Call: 1.877.927.6935

Visit: www.brightbeginningsco.org



Program A
provides families
with support
and information

on their child's health and safety, child care, community resources, child and early brain development, health insurance and the importance of reading with children from birth.



Program B
helps parents
to encourage
language

development by showing them how to provide a supportive environment and encouraging them to partner with their children on learning words.



Program C gives
parents
information on
how to provide

positive guidance, discipline and a supportive environment that promotes early literacy, brain development, health and safety.

