



# Early Childhood Directory

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## 2014-2015

Grand County | Ages Birth to 8

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970.725.3391  
[www.grandbeginnings.org](http://www.grandbeginnings.org)



## Good Oral Health Starts Now



Regular dental care



Eat more fruits, vegetables, milk, and cheese



Brush with fluoride toothpaste



Drink tap water



Keep germs to yourself



Don't put baby to bed with a bottle



Wean baby off of bottle



Only water in a sippy cup



Less juice and soda

## 6 Tips for Healthy Teeth:

- 1) 1<sup>st</sup> Birthday = 1<sup>st</sup> Visit to the Dentist:** Schedule your child's 1<sup>st</sup> dental visit at 12 months
- 2) Go to the Dentist During and After Pregnancy:** When a mother has good oral health, the child's mouth is more likely to be healthy as well
- 3) Cavity-Causing bacteria Spreads from Caregiver to Child:** Caregivers should avoid saliva-sharing behaviors such as sharing eating utensils and cleaning dropped pacifiers in their mouths to reduce the spread of bacteria
- 4) Start Brushing at First Tooth:** As soon as a baby's first tooth erupts, begin brushing in the morning and at night.
- 5) Only Water in a Bottle:** Milk, juice, or sugary drinks in a bottle at night increases a child's risk for cavities
- 6) Baby Teeth Matter:** Not caring for a child's baby teeth can cause future complications with their permanent teeth

## COMMUNITY RESOURCES & PROGRAMS FOR FAMILIES WITH YOUNG CHILDREN

### Grand Beginnings

416 Byers Ave., Hot Sulphur Springs, 970-725-3391

[www.grandbeginnings.org](http://www.grandbeginnings.org)

Maegan Lokteff, Executive Director, **x205**

[director@grandbeginnings.org](mailto:director@grandbeginnings.org)

Jessica Smolleck, Program Coordinator/Child Care Resource & Referral Specialist, **x206**

[programs@grandbeginnings.org](mailto:programs@grandbeginnings.org)

Katy Lois, Health Integration Coordinator, **x204**

[health@grandbeginnings.org](mailto:health@grandbeginnings.org)

Child Care Resource & Referral—Information about licensed child care, preschool and school-age care.

Family Child Care Home Licensing—Licensing specialist for family home child care providers.

Professional Development Scholarship Program—Scholarships for early childhood professionals working towards a degree or credential in early childhood.

Child Care Tuition Scholarship Program—Tuition assistance for child care in Grand County.

### Families First Support Line

1-877-695-7996

[www.familiesfirstcolorado.org](http://www.familiesfirstcolorado.org)

Toll free education and support line for times when parenting gets tough. Offers listening ear, support and referrals. Daily 10 am-10 pm.

### Advocates for a Violence-Free Community

Office 970-725-3442

Hotline 970-725-3412

[www.gcadvocates.org](http://www.gcadvocates.org)

### Mountain Family Center

480 Agate Ave. Suite 1C, Granby, 970-557-3186

[www.mountainfamilycenter.org](http://www.mountainfamilycenter.org)

Accepts donations of food, clothes, home items, etc.

Community Support—Assistance with applications for CHP+ and Medicaid, energy and rent assistance, thrift store/coat closet, food bank, books and school supplies, Cooking Matters classes, Bright Beginnings, Hunger Relief Programs: Summer Food Program for children & families, Mountain Food Packs TOTES program for children & families during the school year.

### Grand County Social Services

620 Hemlock St., Hot Sulphur Springs, 970-725-3331

<http://co.grand.co.us/socialservices.html>

Services include child protection, food stamps, Medicaid eligibility, child support services, Temporary Aid to Needy Families (TANF), adult protection, Low Income Energy Assistance (LEAP November-April).

Colorado Child Care Assistance Program (CCCAP)—Income qualifying program to help working families pay for child care.

Foster Care Coordination/Licensing—Foster care licensing and information.

### Court Appointed Special Advocates (CASA)

416 Byers Ave., Hot Sulphur Springs, 970-531-6061

[nwcasa@colorado.org](mailto:nwcasa@colorado.org)

CASA provides a voice for the best interest of children who are victims of abuse.

### Pregnancy Resource Connection

244 Agate Ave., Granby, 970-887-3617

[www.pregnancyresourceconnection.org](http://www.pregnancyresourceconnection.org)

Free parenting classes and supplies.

### Horizons

81 Jasper Ct., Granby, 970-887-1141

[www.horizonsnwc.org](http://www.horizonsnwc.org)

Provides early intervention for children with significant development delays in any area for ages 0-3 years old.

### Grand County Library District

225 Jasper Ct., Granby, 970-887-9411

[www.gclld.org](http://www.gclld.org)

Story hour, after school and summer programs for children and adults.

Fraser

421 Norgen Rd., 970-726-5689

Granby

55 Zero St., 970-887-2149

Juniper at Grand Lake

316 Garfield St., 970-627-8353

Hot Sulphur Springs

150 Moffat Ave., 970-725-3942

Kremmling

300 8th St., 970-724-9228

## GRAND COUNTY SCHOOL DISTRICTS

### East Grand School District

299 CR 611, Granby, 970-887-2581  
[www.egsd.org](http://www.egsd.org)

Fraser Elementary  
125 Eastom, Fraser, 970-726-8033

Granby Elementary  
202 Topaz, Granby, 970-887-3312

Child Find  
970-887-3312  
Regularly scheduled screening opportunities for children birth-21 years old with potential learning and/or development concerns.

Indian Peaks Charter School  
91 Diamond Ave., Granby, 970-887-3805  
[www.indianpeakscs.org](http://www.indianpeakscs.org)

Colorado Preschool Program (CPP)  
970-887-3312  
Preschool children 3-5 years old with identified risks may qualify for CPP. Children who qualify receive assistance from CPP to cover preschool costs.

West Grand School District  
715 Kinsey Ave., Kremmling, 970-724-1000  
[www.westgrand.k12.co.us](http://www.westgrand.k12.co.us)

West Grand Elementary  
715 Kinsey Ave., Kremmling, 970-724-3217

Winter Park Christian School  
274 Ponderosa, Tabernash, 970-887-9784  
[www.wpcc4him.org](http://www.wpcc4him.org)

Awareness Center 4 Excellence  
315 Garnet, Granby, 970-557-4100  
Partners with parents and students to create independent learning plans using innovations in teaching styles.

## HEALTH SERVICES

**10 Mile Family Medicine**  
3 Ten Mile Dr., Granby, 970-887-0101  
Family Medicine

**Byers Peak Family Medicine**  
78878 U.S. 40, Winter Park, 970-722-0300  
[www.byerspeakfm.com](http://www.byerspeakfm.com)  
Family Medicine

**Fraser Medical Center**  
45 County Rd. 804 #210, Fraser, 970-726-6778  
[www.frasermedicalclinic.com](http://www.frasermedicalclinic.com)  
Family Medicine

**Middle Park Medical Center**  
[www.mpmc.org](http://www.mpmc.org)  
Family Medicine & Emergency Room

1000 Granby Park Dr., Granby, 970-887-5800

214 4th St., Kremmling, 970-724-3442

**Denver Health East Grand Community Clinic**  
145 Parsenn Rd., Winter Park, 970-726-4299  
[www.denverhealth.org](http://www.denverhealth.org)  
Family Medicine

**Grand County Public Health**  
150 Moffat Ave., Hot Sulphur Springs, 970-725-3288  
[www.co.grand.co.us/publichealth.html](http://www.co.grand.co.us/publichealth.html)  
Prenatal support, newborn home visitation program, immunizations (adult and child), communicable disease prevention and control, Cavity Free at Three oral health screenings, child care nurse consultation, emergency preparedness and response, Reach Out and Read literacy program, health care program for children with special needs,

Women Infant Children Program (WIC)—Woman, infant, and child education and food assistance for income-qualifying pregnant women and children up to age 5.

**Grand County Rural Health Network**  
416 Byers Ave., Hot Sulphur Springs, 970-725-3477  
[www.gcruralhealth.com](http://www.gcruralhealth.com)  
Resource and referral addressing barriers in health care, including patient navigation and health coverage guide services. The A.C.H.E.S. and P.A.I.N.S. programs provide vouchers to low-income, uninsured residents for medical, dental, and mental health care, including well-child checks.

**Planned Parenthood**  
236 Agate Ave., Granby, 970-887-2454  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

**Grand County Home Health and Home Care**  
150 Moffat Ave., Hot Sulphur Springs, 970-725-3288  
<http://co.grand.co.us/homehealth.html>  
Home Health: Home medical care by registered nurse, physical therapist, occupational therapist, or certified nurse assistant.  
Home Care: Non-medical home care such as personal care and home-making services.

**Mind Springs Mental Health**  
480 Agate Ave., Granby, 970-887-2179  
24/7 Crisis Line 888-207-4004  
[www.mindspringshealth.org](http://www.mindspringshealth.org)  
Counseling and psychiatry services for adults and children.

### **Riverview Counseling, Mary Entrican**

Licensed Marriage & Family Therapist  
195 Third St., Granby, 970-531-1996  
[www.riverviewcounseling.com](http://www.riverviewcounseling.com)

Play therapy and family counseling.

### **Luna Counseling**

191 E Agate Ave., Granby, 970-531-6173  
Spanish counseling for all ages; English counseling for ages 12 and older.

### **Lisa M. Vonderhaar**

525 E Jasper Ct., Granby, 970-887-0806  
Psychologist serving ages 5 to adult.

### **Create Connectivity Counseling, Lauren Stokes**

510 Zerex St., Fraser, 720-463-2604  
Family, play, couples, and individual therapy, ages 4 to adult.

## **PARENTING CLASSES**

**Check the [www.grandbeginnings.com](http://www.grandbeginnings.com) events calendar for the most up-to-date schedules for parenting classes in Grand County.**

### **Grand Beginnings**

416 Byers Ave., Hot Sulphur Springs, 970-725-3391  
[www.grandbeginnings.org](http://www.grandbeginnings.org)

### **Pyramid Plus Approach**

**\*Available in Spanish**

A comprehensive program that provides tools to parents wanting to build a more positive relationship with their child, looking for more effective discipline strategies, and needing new ideas for helping their child to grow and learn. It is a free program that also provides child care and dinner. The curriculum is effective in the evidence-base for parents of children ages birth-preschool.

### **Who is this class appropriate for?**

Promoting social & emotional competence in ages birth to preschool.

### **PIWI: Parents Interacting with Infants and Toddlers**

Class is designed similar to a play group with songs, fun activities and a snack. Parents will gain information about their child's temperament and learning style while having fun at the same time. Offered in several locations throughout Grand County during the year.

### **Who is this class appropriate for?**

Class is designed for one-on-one interaction between parents and infants/toddlers.

### **Incredible Years—Fraser & Granby**

Deb Ruttenberg  
416 Byers Ave., Hot Sulphur Springs, 970-725-3066  
[www.incredibleyears.org](http://www.incredibleyears.org)

### **Incredible Years—Kremmling**

Marveen Terryberry, 970-724-1000  
[terryberrym@westgrand.k12.co.us](mailto:terryberrym@westgrand.k12.co.us)

A 14-week comprehensive program that provides tools to parents wanting to build a more positive relationship with their child, looking for more effective discipline strategies, and needing new ideas for helping their child to grow and learn. It is a free program that also provides child care and dinner.

### **Who is this class appropriate for?**

The Incredible Years Parent Program is an award-winning, proven effective curriculum for parents of children ages 2-8.

### **Partners in Parenting Education, P.I.P.E.S.**

Nettie Dugwyler, 970-531-3863

Classes promote positive relationships with strong emotional ties between primary caregivers and infants/toddlers, thereby enhancing social and emotional competence in the child. The classes are typically held in a one-on-one situation but can take place in a group setting with similarly-aged children.

### **Who is this class appropriate for?**

Concepts presented in the topics apply to children through age 5, also for expectant mothers.

### **Creating Lasting Family Connections**

Deb Ruttenberg  
416 Byers Ave., Hot Sulphur Springs, 970-725-3066

Creating Lasting Family Connections is an award-winning, evidence-based family enrichment program designed to help families build better relationships, make better decisions, and create a stronger family.

### **Who is this class appropriate for?**

It is a **FREE** 5-week program for both middle school students and their parents.

### **Issues in Working with Teen Parents**

Nettie Dugwyler, 970-531-3863

Issues in Working with Teen Parents recognizes that while teens are learning to raise a child, they are still developing themselves and are therefore meeting unique challenges.

### **Who is this class appropriate for?**

Teen Parents

## **Pregnancy Resource Center**

244 E Agate Ave. Suite A, Granby, 970-725-3391  
[www.pregnancyresourceconnection.org](http://www.pregnancyresourceconnection.org)

### **Earn While You Learn**

A weekly class with a personal advisor providing education on the stages of pregnancy, parenting plans, parenting skills, and life skills to prepare you for the birth of your baby. As mothers complete classes, they earn products for their family.

#### **Who is this class appropriate for?**

This class is for expecting mothers.

### **Love and Logic**

Love and Logic provides simple solutions, tips, and practical techniques to help adults achieve respectful, healthy relationships with their children.

#### **Who is this class appropriate for?**

This class is for parents with kids of all ages.

### **Childbirth and Prenatal Preparation**

This class offers comprehensive and factual information to empower expecting parents.

#### **Who is this class appropriate for?**

This class is for expecting parents.

### **Grand County Breast Feeding Network**

This is an ongoing support group to help women network, ask questions, and learn more about breastfeeding

#### **Who is this class appropriate for?**

This is for pregnant women and mothers, children and babies welcome.

## **RECREATION OPPORTUNITIES FOR YOUNG CHILDREN**

### **Fraser Valley Metropolitan Recreation District**

1 Main St., Fraser, 970-726-8968  
[www.fraservalleyrec.org](http://www.fraservalleyrec.org)

### **Granby Recreation District**

Zero Jasper Ave., Granby, 970-887-3961  
[www.townofgranby.com](http://www.townofgranby.com)

### **Grand Lake Nordic Center & Golf Course**

1415 County Road 48, Grand Lake, 970-627-8008  
[www.grandlakerecreation.com](http://www.grandlakerecreation.com)  
XC skiing and free kids golf lessons on Thursday, Summer only

### **YMCA Snow Mountain Ranch**

1101 County Rd., Granby, 970-887-2152  
[www.ymcarockies.org](http://www.ymcarockies.org)

### **Grand County 4-H Extension Office**

CSU Extension Office, Kremmling, 970-724-3436

## **FAMILY FUN**

### **Winter Park**

Winter Park Resort  
85 Parsenn Rd., Winter Park, 970-726-5514  
[www.winterparkresort.com](http://www.winterparkresort.com)  
Ski resort, bike park, summer activities, guest child care (Winter only)

### **Winter Park Farmer's Market**

Near Conoco Parking Lot  
Fridays 2-7pm, Summer only

### **Fraser**

Colorado Adventure Park  
566 CR 721, Fraser, 970-726-5779  
[www.coloroadventurepark.com](http://www.coloroadventurepark.com)  
Tubing hill, snow scoots, sledding (free under 3)

### **Cozens Ranch**

77849 U.S. 40, Fraser, 970-726-5488  
[www.grandcountymuseum.com](http://www.grandcountymuseum.com)

### **Devils Thumb Ranch Resort & Spa**

3530 CR 83, Fraser, 970-726-5632  
[www.devilsthumbranch.com](http://www.devilsthumbranch.com)  
Zip lining, horseback rides, XC skiing

### **Fraser Tubing Hill**

455 CR 72, Fraser, 970-726-5954  
[thefrasertubinghill.com](http://thefrasertubinghill.com)  
Tubing hill

### **The Foundry**

22 Second St., Fraser, 970-363-7161  
[www.foundry-wp.com](http://www.foundry-wp.com)  
Bowling, movie theatre

### **Granby**

Granby Farmer's Market  
475 Agate Ave., Granby, 970-887-2311  
Fridays, Summer only

### **Granby Ranch**

1000 Village Rd., Granby, 888-850-4615  
[www.granbyranch.com](http://www.granbyranch.com)  
Ski resort, bike park, golfing

### **Grand Lake**

Grand Lake Lanes  
824 Grand Ave., Grand Lake, 970-627-3373  
Bowling

### **Kauffman House Museum**

407 Pitkin St., Grand Lake, 970-627-9644  
[www.kauffmanhouse.org](http://www.kauffmanhouse.org)

Rocky Mountain National Park  
Kawuneeche Visitors Center  
16018 U.S. 34, Grand Lake, 970-627-3471  
[www.nps.gov](http://www.nps.gov)  
Junior Ranger Program

Rocky Mountain Repertory Theatre  
404 Vine St., Grand Lake, 970-627-5087  
[www.rockymountainrep.com](http://www.rockymountainrep.com)  
Youth Theatre Program, Regular Performances

**Hot Sulphur Springs**  
Pioneer Village Museum  
110 Byers Ave., Hot Sulphur Springs, 970-725-3939  
[www.grandcountymuseum.com](http://www.grandcountymuseum.com)

**Kremmling**  
Kremmling Heritage Park  
4th St. & Central Ave., Kremmling, 970-725-3939  
[www.grandcountymuseum.com](http://www.grandcountymuseum.com)

## WEBSITE RESOURCES

[www.earlychildhoodcolorado.org](http://www.earlychildhoodcolorado.org)  
Early Childhood Colorado—Resources related to the healthy development of children birth to age 8.

[www.vanderbilt.edu/csefel](http://www.vanderbilt.edu/csefel)  
Promoting the social and emotional development and school readiness of young children birth to age five.

[www.challengingbehavior.org](http://www.challengingbehavior.org)  
Technical Assistance Center on Social-Emotional Intervention for Young Children (TACSEI)

[www.earlylearningco.org](http://www.earlylearningco.org)  
The Colorado Early Learning and Developmental Guidelines are a helpful resource whether you're a first-time parent or an experienced professional. The Guidelines describe kids' abilities at certain ages and offer tips for how adults can help develop and support those abilities.

[www.zerotothree.org](http://www.zerotothree.org)  
Evidence-based information and tools designed to help parents nurture their young children's development.

[www.coloradoaeyc.org](http://www.coloradoaeyc.org)  
Colorado Association for the Education of Young Children (CAEYC)—State branch of the National Association of Education for Young Children (NAEYC) advocating for young children and early childhood teachers.

[www.safekids.org](http://www.safekids.org)  
Safe Kids Worldwide is a global organization dedicated to preventing injuries in children.

[www.qualistar.org](http://www.qualistar.org)  
Qualistar Colorado—The Colorado umbrella agency for child care resources & referrals.

[www.coloradokids.org](http://www.coloradokids.org)  
Colorado Children's Campaign—Non-partisan advocacy organization using research to support programs and policies that benefit young children.

More online resources available at:  
[www.grandbeginnings.org](http://www.grandbeginnings.org)

If you wish to be listed in this publication or to request a change in your listing, please contact:

**970.725.3391 or [www.grandbeginnings.org](http://www.grandbeginnings.org)**

*Grand County's Resource for Parents and Teachers*

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# IMPORTANT FOR HEALTHY CHILD DEVELOPMENT



## Every Child Should Get A Developmental Screening 3 Times By Age 3!

### WHY SCREEN?

Have you ever wondered if your child is learning and growing to the best of his or her ability? Are his muscles as strong as they should be? Does she babble or talk like other children her age? Will he be ready for school?

It can be hard for you or your early childhood program to know these things just by looking at your child.

You can help by answering the questions on the Ages and Stages Questionnaire (ASQ-3).

By completing the ASQ-3, you are sharing very important information about how your child is learning and growing that will help your early childhood program know if your child is developing as he or she should be.

After you answer the questions on the ASQ-3, your early childhood program will score it and take some time to discuss the results with you. The results will provide a snapshot of where your child is developmentally.

All children are unique and every child learns and grows at different rates. Sometimes, kids need a boost to help them be the best they can be. A lower than expected score doesn't mean anything is wrong with your child, it simply means that more information is needed. If your child needs a boost, it doesn't mean you are a bad parent or have done anything wrong. It is common for children to need some help periodically, and the earlier we can all work together to make sure they get this help, the better. Your early childhood program will discuss and explain next steps with you.

By following through on these steps, you can help your child:

Be ready for school

Learn to love learning

Have higher self-esteem

Succeed!

**Ask About Screening at Your Child's  
Early Childhood Program and  
At Well-Child Visits!**



Like us on Facebook

970.725.3391

[www.grandbeginnings.org](http://www.grandbeginnings.org)

