Early Childhood Mental Health is everyone’s business. We all contribute to our children’s mental health.

Helpful Resources

Zero to Three
202-638-1144
www.zerotothree.org

Center for the Developing Child
Harvard University
617-496-0578
www.developingchild.harvard.edu

Head Start
www.acf.hhs.gov/programs/ohs

Yale Child Development Center
203-785-2540
www.childstudycenter.yale.edu

Child Care and Early Education Research Connections
www.childcareresearch.org

Colorado Early Learning & Development Guidelines
www.earlylearningco.org

Early Childhood Mental Health

Do you have concerns about the social-emotional development of your child or a child in your care?

P.O. Box 235
455 1st Avenue
Limon, CO 80828

719-775-9728
cklecc@esrta.com

www.cklecc.org
**WHAT is Early Childhood Mental Health?**

Early Childhood Mental Health is the social, emotional and cognitive well-being of children birth to 8.

*It is the developing capacity of the child to:*

- Experience, regulate and express emotions.
- Form close and secure interpersonal relationships.
- Explore the environment and learn.

All in the context of family, community and appropriate cultural expectations for young children.

Early childhood mental health is synonymous with healthy social and emotional development.

**WHEN should I be concerned about a young child’s mental health?**

**Behavior patterns in children That merit further exploration:** *

- Avoiding eye contact
- Crying consistently
- Failing to seek comfort
- Not engaging in play
- Failing to establish peer relations
- Persistent aggression against self or others
- Loss of interest in activities and/or relationships child used to enjoy
- A child that looks unkempt, neglected, bruised, acts out sexually, or looks depressed, needs to be referred immediately
- Any other behavior that is of concern

*These behaviors should only be used as a guideline.*

Any time you are concerned about your child’s development, you should contact your health care professional, early childhood specialist or early childhood educator.

**WHO can I call for help?**

Your child’s health care provider is ideally the first person you should turn to if you have concerns about your child’s mental health.

You can also speak to your child’s teacher and/or childcare provider.

Centennial Mental Health
Lincoln County
606 Main Street
Limon, CO 80828
719-775-2313

Centennial Mental Health
Cheyenne County
80 E. 1st Street
Cheyenne Wells, CO 80810
719-346-8183

Southeast Health Group
100 Kendall Drive
Lamar, CO 81052
or
711 Barnes
La Junta, CO 81050
800-511-5446