



## Helpful Resources

**Zero to Three**

202-638-1144

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

**Center for the Developing Child  
Harvard University**

617-496-0578

[www.developingchild.harvard.edu](http://www.developingchild.harvard.edu)

**Head Start**

[www.acf.hhs.gov/programs/ohs](http://www.acf.hhs.gov/programs/ohs)

**Yale Child Development Center**

203-785-2540

[www.childstudycenter.yale.edu](http://www.childstudycenter.yale.edu)

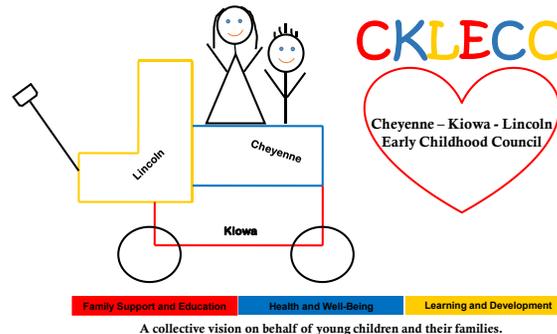
**Child Care and Early Education  
Research Connections**

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

**Colorado Early Learning  
& Development Guidelines**

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

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



A collective vision on behalf of young children and their families.

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

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



## **Early Childhood Mental Health**



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



## 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**