

Here's What Babies and Young Children Can Do

1st Year

- Show interest in other people
- Smile, laugh and giggle
- Show distress when separated from a caregiver

2nd Year

- Help dress and undress themselves
- Be assertive about their preferences and say no
- Show awareness of their own feelings

3rd Year

- Follow simple directions
- Wait for a turn in a game but with some difficulty
- Play cooperatively with two or more children

4th Year

- Complies with adult request most of the time
- Enjoy imaginative play
- Develop friendships

5th Year

- Play simple games by the rules
- Control his temper most of the time
- Respect property of others

**ECHO & Family Center
Early Childhood Council**

West Central Mental Health Center





Fremont County
Early Childhood
Mental Health Project

**From Crib to Kindergarten
Is sponsored by:**



An ECHO & Family Center Collaboration Project:

- ♦ Canon City Schools
- ♦ Starpoint



What is from Crib to Kindergarten?

From Crib to Kindergarten is our community's early childhood mental health program. Children birth to school age, are eligible with the youngest children as a priority. The program supports young children's emotional health and social emotional growth.



Early Childhood Mental Health


Early Childhood Mental Health is the state of emotional and social competence in young children who are developing typically.

The essence of Early Childhood mental health lies within the parent-child relationship.



Child might be Referred if:

- A baby is not sleeping or eating well
- A child is angry or excessively destructive
- A young child has problems establishing relationships
- A young child is not developing normally or has medical problems that affect his emotional or physical growth
- A mother is depressed and can't focus on caring for her baby
- A baby has had exposure to alcohol or drugs
- A child is having adjustment problems in childcare



Services are Provided by:

- Early Childhood Mental Health Specialists trained through the University of Colorado Health Science Center
- Child Care Support Team of experienced Early Childhood professionals supervised by a school psychologist.

To inquire about services or for referrals call:

**ECHO & Family Center
Early Childhood Council
276-6174**

