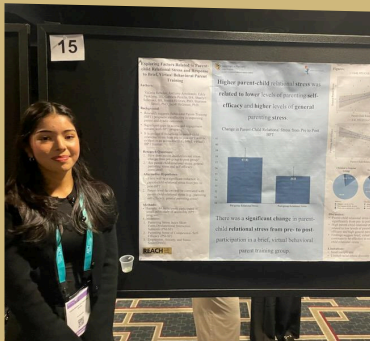
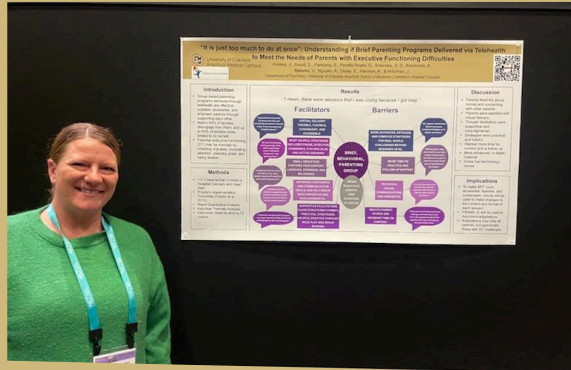
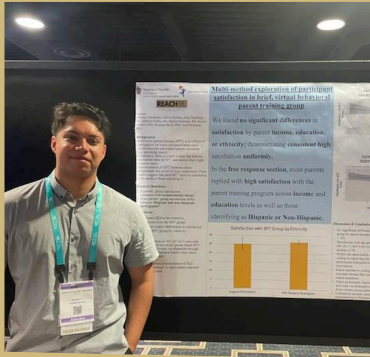


# Newsletter



April 2026



“It was helpful to not feel shamed or judged for how we show up and our ability to do as much or as little of the exercises in real life”

“It made you feel like you're not alone in this. Other people are going through the exact same thing you are”

“I mean, there were sessions that I was crying because I got help”

## Because of you, we've been able to share our findings

Families from all different backgrounds, including ethnicity, income, and education were similarly satisfied with brief, telehealth parenting program.

Parents' stress about their relationship with their child decreased after receiving the parenting program.

Parents who struggle with things like planning, focusing, switching gears, and juggling tasks told us they liked the group was virtual and who delivered it. They also told us that more time, materials, and less technology issues could make it better.

### Lives Touched

- 65 consented to full-research study!
- 19 consented to shorter version of study!

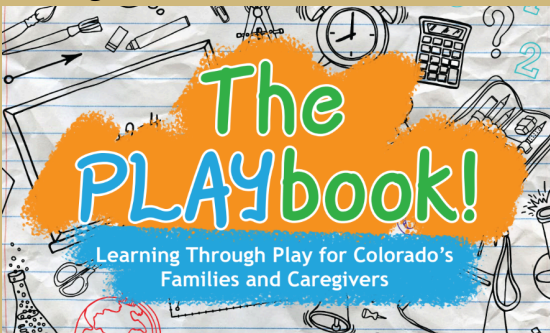
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# RESOURCES

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## The PLAYbook

The PLAYbook contains information and activities that anyone caring for young children can use to prepare children to be successful when entering kindergarten.



Available in English, Spanish, Arabic, Karen, Somali, Farsi, Pashto, Dari, and as a Tribal Resource.

<https://cdec.colorado.gov/families/colorado-learning-and-development-guidelines>

## The Excel Center



The Excel Center is Colorado's first, tuition-free, in-person adult learning high school allowing older students to earn their high school diploma. Website in English and Spanish.

<https://excelcentercolorado.org/>



## Raising Colorado Kids

A platform to help raise healthy, thriving Colorado kids. Learn about child development, find child care, find support, and explore other relevant topics.

English:

<https://raisingcoloradokids.com/en/>

Spanish:

<https://raisingcoloradokids.com/es/>



Enroll your child for a FREE book each month!

[imaginationlibrarycolorado.org](http://imaginationlibrarycolorado.org)

DO YOU  
KNOW A  
HEAD START  
CAREGIVER  
INTERESTED  
IN JOINING  
GROUP?

