



**Dear New Parent(s),**

**We know that you are happy and excited about your new baby, and we wish you much joy and happiness as you begin your life with him or her.**

**We also know that parenting is one of the toughest jobs in the world. With that in mind, we have put some materials together that will help you as you begin your journey with your newborn. It includes information about how babies grow the importance of reading to them and having them listen to music. We have also included many community resources so that as questions or concerns arise, you will know who you can call to get assistance with your questions.**

**We also want to make sure that you are aware that there is a Parent Helpline (1.800.CHILDREN) available 10 a.m. - 10 p.m. that you can call with any questions that you might have about your baby.**

**If you want more helpful information, please contact The Parenting Place at 970-254-8240 or Family First at 970-244-0460.**

**We wish you the very best as your baby grows.**

**Your friends at  
Mesa County Partnership for Children and Families**

**Who hope that when we ask the question, “How are the Children?”  
. . . We can all say “The children are nurtured, happy and well.”**

**[www.mesacountypcf.org](http://www.mesacountypcf.org)**

**Information About the Parent Helpline:  
1.800.CHILDREN**

**We all know that children don't come with instructions and that parenting is one of the toughest jobs we will ever have.**

**We also know that not everyone has a lot of help and support when it comes to answering all the questions that can up when we are raising children.**

**The Parent Helpline is aimed at addressing those needs and is a support to families that have any questions about parenting. Should I be concerned if my 2 year old isn't talking very much? My teenagers just won't listen to me. What can I do? How can I get my kids to do their homework? Any question is a good question. Sometimes you may just need a listening ear of someone to help you explore different choices.**

**The Helpline is another community resource whose goal is to help parents that have questions about raising their children.**



**GOT KIDS?**

**PARENT HELP LINE**

**1.800.CHILDREN**