



Child Health Promotion Program

The Child Health Promotion Program promotes early childhood health and development at Boulder County child care programs, as well as provides guidance for medical offices, public spaces, child care programs, and businesses to become breastfeeding friendly.

Our Services & Support

Improve Healthy Eating & Active Living (HEAL)

- Training and Recognition: Our HEAL trainings provide support and education for child care providers to help children, staff, and families increase physical activity, healthy eating behaviors, and nutritional quality in their programs and at home. HEAL friendly programs are recognized and promoted by Boulder County Public Health.
- Consultation: Our staff meet with child care providers to talk about the best ways to embed movement into daily routines to support health, brain development, and improve behavior.

Increase Breastfeeding Access

- Technical Assistance and Recognition: Our staff provides training and technical assistance to child care programs, medical offices, public spaces, organizations, and businesses throughout Colorado to improve breastfeeding policies and practices. Programs that complete the required steps to becoming breastfeeding friendly are recognized and promoted by Boulder County Public Health.

Improve Nutrition and Access to Healthy Foods

- Farm to Early Care and Education: We help child care programs implement farm-to-early care and education programs that match the needs and goals of the child care program, including sourcing local foods for snacks and meals; garden-based curricula; creating a garden; cooking lessons and taste testing; field trips to farms, farmers' markets, and community gardens; and staff and parent workshops.
- Consultation: We support efforts to improve nutrition quality of child care programs by reviewing menus, providing training to staff, parents and/or answering nutrition questions.

Ensure Health and Safety

- Training & Consultation: We help child care providers ensure their child care site is safe and healthy by providing trainings and consultation about playgrounds, food handling, safe sleep, radon, emergencies, and how to incorporate basic health and safety practices into daily routines.
- Inspections: We provide health inspections, playground assessments, and review and approve plans for new and remodeled child care sites.
- Clean Hands Program: This program teaches child care, school, and day camp staff how to teach children about germs and how they can make you sick, how to wash hands properly, and the times to wash hands.
- Health Screening: Local resources for vision and dental screening are recommended and hearing equipment is available to be used for screenings at any Boulder County child care program.

Our Staff



Sarah Scully

Sarah provides overall coordination and supervision for all program activities.

Contact Sarah: 303.413.7502 or sscully@bouldercounty.org



Jane Wilkinson

Jane conducts health inspections and playground assessments and provides training and consultation.

Contact Jane: 303.413.7501 or jawilkinson@bouldercounty.org



Heather Hauswirth

Heather works with child care programs to incorporate nutrition education, gardening, and healthy eating.

Contact Heather: 720.527.9016 or hhauswirth@bouldercounty.org



Kara Kaiser

Kara conducts health inspections, provides training and consultation, and reviews and approves plans for new and remodeled sites.

Contact Kara: 303.413.7550 or kkaiser@bouldercounty.org



Tori Lee

Tori teaches the Healthy Eating Active Living and the Breastfeeding Friendly Child Care Programs and provides nutrition training and menu reviews.

Contact Tori: 303-413-7549 or vlee@bouldercounty.org



Heather Elkins

Heather works with employers, medical offices, and public spaces in Boulder County to improve breastfeeding policies and practices.

Contact Heather: 303-413-7514 or helkins@bouldercounty.org



Linda Kopecky

Linda provides technical assistance for breastfeeding friendly environments throughout Colorado.

Contact Linda: 720.527.1243 or lkopecky@bouldercounty.org



Katie Timm

Katie handles billing and provides administrative support to the CHP team.

Contact Katie: 303-413-7576 or ktimm@bouldercounty.org