

# Family



For more information about First 5 San Diego family programs, call 1-888-5 FIRST 5 (1-888-534-7785) or visit our website at [www.first5sandiego.org](http://www.first5sandiego.org)



Improving the lives of children ages 0 through 5.

The first five years of life are critical to a child's development. These years shape a child's success in school and in life. First 5 San Diego helps parents and others to help children during these critical years.

head·hand·heart  
call First 5 San Diego for a good start.



## First 5 San Diego Family Programs

### First 5 for Parents

Parents are their children's first and best teachers. They shape their child's learning, health and happiness in the most critical years of life, ages 0 through 5. First 5 for Parents programs offer classes, workshops and resources to help parents learn the best ways to support their children's learning, behavior and health.

First 5 San Diego offers First 5 for Parents programs throughout San Diego County for all types of families, including single parents, pregnant or parenting teens, and many others. Services are available in a variety of languages. By giving parents the right skills and confidence to raise healthy and successful children, families and the whole community benefit.



### Kit for New Parents

Being a parent isn't easy and all parents have questions. When should my baby sit up? What is that rash? Should I take my child to the doctor? What kind of stories should I read? When do I start toilet training? How do I pick good day care? To help parents succeed, First 5 San Diego provides the Kit for New Parents — a free resource that includes advice and useful tips to best prepare them for the joys and challenges of parenting. The kit includes:

- A DVD and guidebook on topics ranging from healthy teeth to childcare to safety and discipline. All materials are divided by "ages and stages" so parents can easily find the answers for their children's age.
- *What To Do When Your Child Gets Sick* – this easy-to-read book answers questions parents have about their child's health and common illnesses. This is a great guide for helping parents know when to treat an illness at home and when to call or see a doctor.
- A parents' guide with information on local resources and services for promoting the healthy development of children.

The Kit for New Parents is available in English or Spanish for all parents with a child 5 years of age or younger.