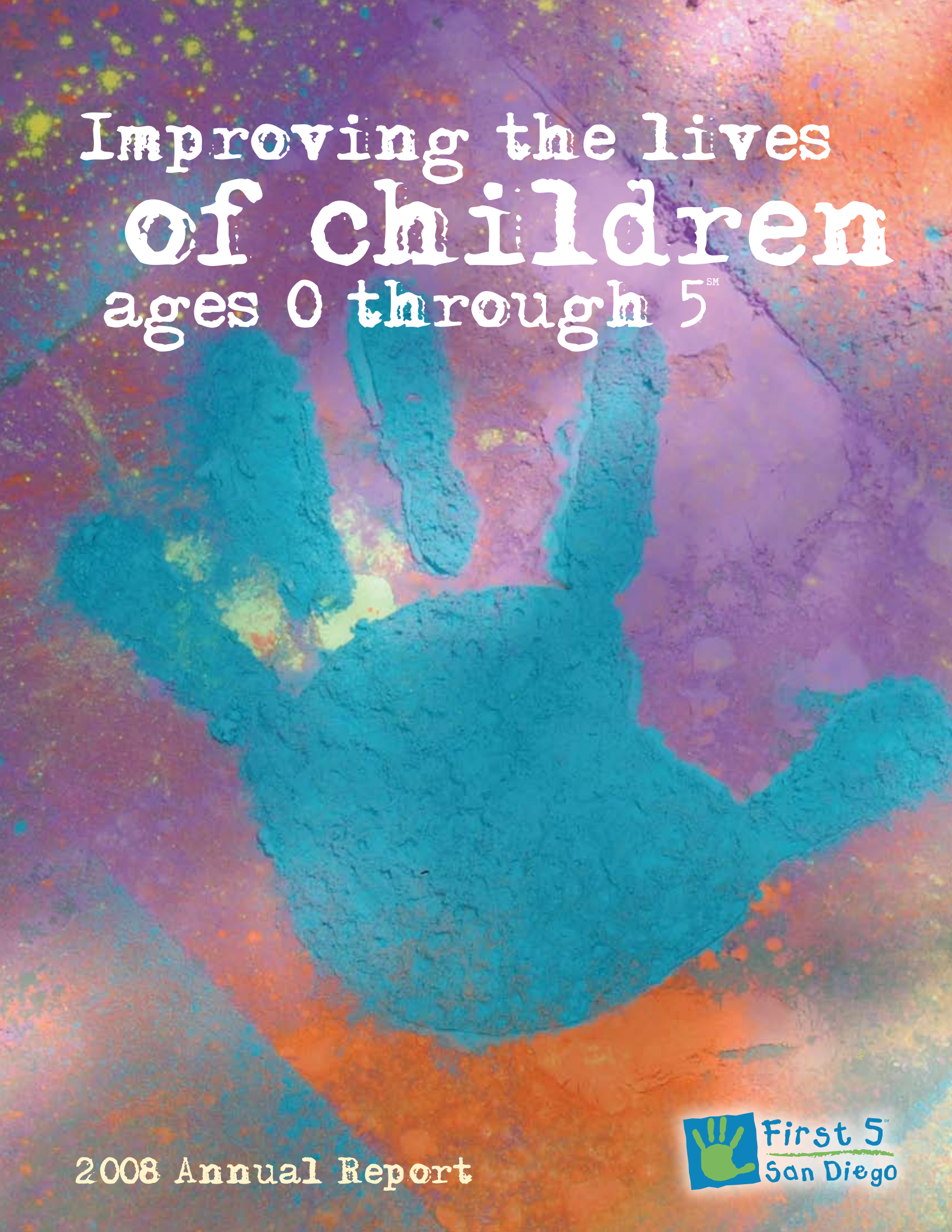
Improving the lives of children ages 0 through 5℠



2008 Annual Report

First 5℠ San Diego

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Letter from the Executive Director

Dear Community Members,

It is an honor to present the fiscal year 2007-2008 annual report for the First 5 Commission of San Diego County. It has been an exciting year for the Commission, its partners and the young children and families we are so proud to serve. Through careful implementation of our strategic plan, the Commission has made important strides in elevating the overall health and well-being of young children throughout our county.

Among the most notable achievements is the progress toward bringing community water fluoridation to San Diego's children. To help fight the most common medical problem facing young children — tooth decay — the Commission voted in 2007 to allocate funding for community water fluoridation in the City of San Diego, thereby reaching 41.2 percent of children ages 0 – 5 countywide. In June 2008, thanks to widespread support from community and scientific leaders, the San Diego City Council accepted First 5 funds to implement fluoridation at each of the City's three water treatment plants.

Another key milestone of the past year is the launch of the Commission's new public education campaign. The campaign goals are: 1) to educate parents that they are their children's first and best teachers and 2) to raise awareness among parents and other caregivers about the many programs available through First 5 San Diego. Public service messages on radio, television and bus shelters throughout the county, along with First 5's new information line (1-888-5 FIRST 5) guide parents and other caregivers to vital information and resources available for San Diego's youngest children.

Looking ahead, the Commission and its community partners will convene to develop the next five-year strategic plan. Building on past experience, we expect to craft a plan that will guide funding decisions and program development to produce even greater gains for the health and well-being of the children in San Diego County.

Also anticipated for 2009 is the launch of KidSTART (Screen, Triage, Assess, Refer and Treat) program. Through KidSTART, the Commission intends to identify and treat children under five who are at higher risk for social-emotional developmental delays. By identifying these children and referring them to appropriate treatment at an early age, intervention can be more effective and less costly.

As we move into our tenth year of operation, it is my pleasure to thank the many supporters of the First 5 Commission of San Diego County for their unwavering commitment to San Diego's youngest children. Through our collective investment in this special population, we are improving the future for all. We are off to a Good Start!

On behalf of the First 5 Commission of San Diego County,

Laura S. Spiegel, M.S.W.
Executive Director
First 5 San Diego

First 5 San Diego's Vision:

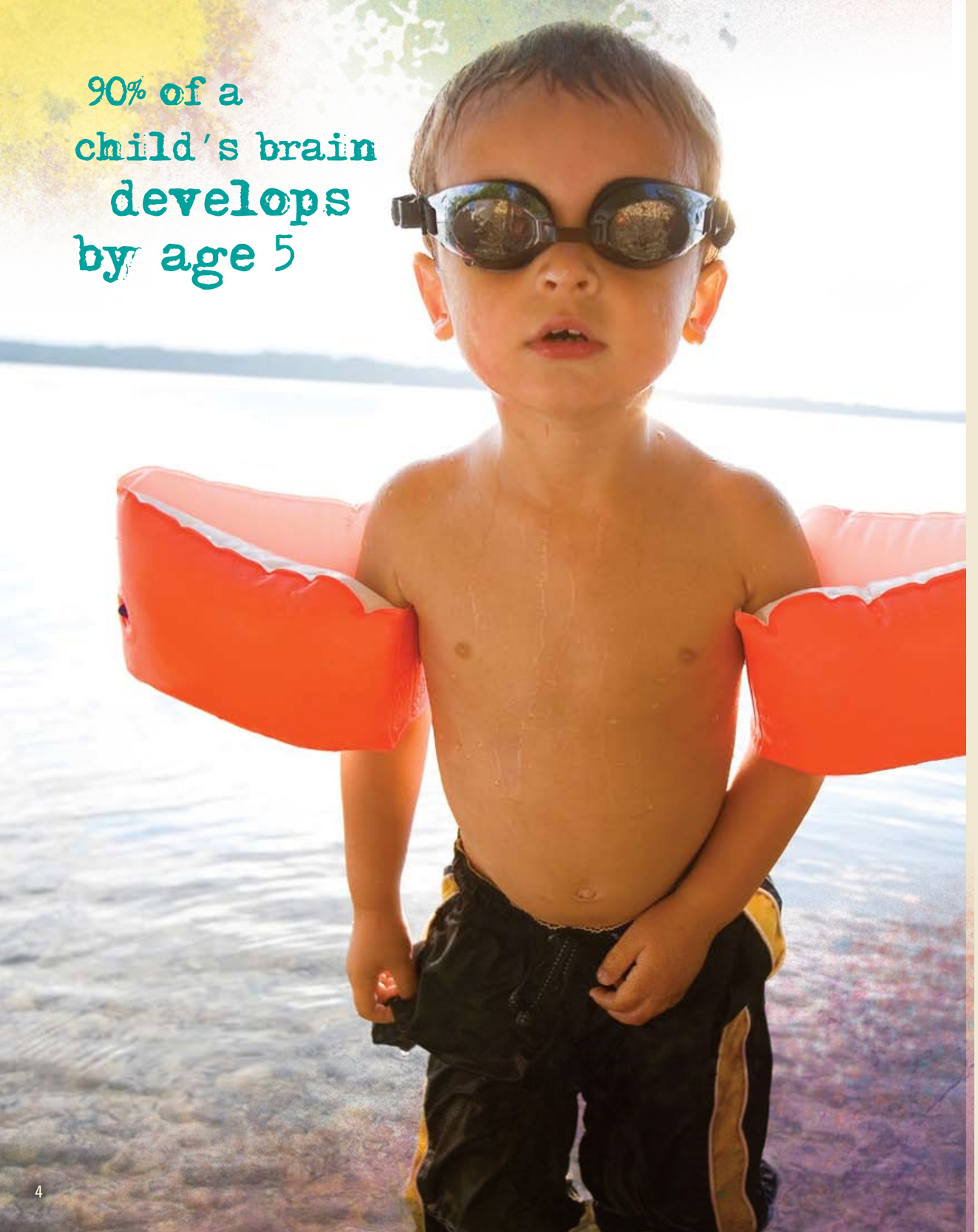
Every child in San Diego County can enter school ready to learn.

What is First 5 San Diego?

First 5 San Diego promotes the health and well-being of young children during their most critical years of development, from the prenatal stage through five years of age. Our goal is to help ensure that every child in San Diego County enters school ready to succeed. First 5 San Diego provides San Diego's youngest children with access to healthcare, developmental checkups and services, dental care, obesity prevention, quality childcare and early education programs, and family support.

Why the First 5 Years?

Research has shown that 90 percent of a child's brain is developed by the age of five. The first five years of a child's life are critical to a child's development. These years shape a child's success in school and in life. First 5 San Diego assists parents and others to help children during these critical years. Using a variety of strategies to support children's optimal development, First 5 San Diego targets its resources to give young children the opportunities they need to reach their highest potential and enter school healthy and fully ready to succeed.



Healthy Development Services

Children grow and develop at different rates. It is important for parents to know how their children are growing and reaching important milestones. First 5 San Diego's Healthy Development Services (HDS) provides free developmental checkups for children from birth through 5 years of age, and connects children and families to needed services.

First 5 Healthy Development Services programs provide the following services:

- Newborn home visits to all first-time parents
- Vision, hearing, speech and language, and behavioral services
- Advice and support for parents, childcare providers and preschool teachers of children with special needs
- Referrals to help pregnant women and their families to stop smoking

Results
An estimated 1 in 7 children ages 0 to 5 in San Diego County were served through HDS. More than 8,000 first-time parents received newborn home visits and 13,000 children were screened for developmental, behavioral, vision, hearing, or speech delays. In all, more than 33,000 children were helped through HDS.

Healthcare Access

First 5 San Diego's Healthcare Access program helps eligible families sign up for, use and stay enrolled in health insurance.

The program uses Certified Application Assistants (CAA) who are experts in determining a family's eligibility for health insurance programs such as Medi-Cal, Healthy Families and Access for Infants and Mothers (AIM). Once families are enrolled in one of these programs, they are guided in finding healthcare services, scheduling well-child visits, immunizations and dental care.

Results
Children participating in HCA services were more likely to have regular doctors or clinics where they receive care. They were more likely to have routine, preventive medical and dental visits, and were less likely to use hospital emergency rooms for non-emergency care than children in the general county population. HCA service providers reached 130,426 families during FY 2007-2008, and enrolled more than 9,210 children in health insurance. Nearly 95% of children stayed insured for at least 18 months.

Oral Health Program

The Oral Health Program provides dental checkups and treatment for young children and pregnant women. A healthy mouth, including teeth and gums, is essential to the overall health of infants, children and adults.

Good dental health is important for pregnant women, too, as the bacteria from the mother's tooth decay can affect the health of her unborn child. First 5 San Diego Oral Health services include:

- Dental checkups and treatment for young children
- Dental checkups and treatment for pregnant women
- Oral health education to parents as well as medical and dental professionals

Results
13,092 children and 1,935 pregnant women participated in oral health screenings; 13,946 children and 1,878 pregnant women obtained dental treatment.

School Readiness

Success in school begins even before a child goes to kindergarten. The School Readiness program helps young children get ready for kindergarten by helping them to improve their physical, social, emotional and thinking skills.

Eight school districts participate in the School Readiness program. Cajon Valley, National City, San Diego, San Ysidro and Vista offer preschool. Escondido and Oceanside have parent/child centers. Chula Vista has programs for children with special needs.

Results
5,052 children and their parents and caregivers participated in early care and education activities and 6,642 parents and caregivers participated in parenting education and classes. These children showed significant gains in four areas, particularly "health and safety."

Special Needs Demonstration Project

The Chula Vista Elementary School District is one of 10 test sites across California that identifies children ages 5 and under with developmental delays and provides services for them and their families. The goal of this project is to identify and support children with delays early so that they have the best chance to succeed in school and become more confident members of the community.

Results
More than 500 children were screened to identify potential learning delays and services were coordinated for 75 children with special needs.

Preschool for All

Preschool is an important part of a child's development. Studies show that children who go to preschool are likely to do better in school, graduate from high school and attend college.

In partnership with the San Diego County Office of Education, the First 5 San Diego Preschool for All (PFA) program provides free, quality half-day preschool programs to families in Escondido, Valley Center/Pauma, Lemon Grove, National City, South Bay and San Ysidro.

Results
This year, 2,113 children participated in enhanced preschool classrooms that met PFA quality standards. These children showed significant gains in four areas, particularly in "effective learning."

CARES

High quality childcare and preschool play an important role in preparing children for kindergarten.

The goal of CARES (Comprehensive Approaches to Raising Educational Standards) is to raise the quality of early childhood education for all children. By supporting teachers in their efforts to enhance knowledge and skills, First 5 is helping to improve the quality of early learning in local communities.

Results
More than 530 early care and education providers completed college classes with funding from the CARES program.

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, prenatal through age 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.

Results
More than 4,600 parents and more than 17,000 children participated in these programs this year. Parents gained confidence, increased their knowledge and improved their parenting as a result of these programs.

Kit for New Parents

Being a parent isn't easy and all parents have questions. When should my baby sit up? When should I take my child to the doctor? How do I start toilet training? How do I pick good daycare? 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 for New Parents is available in English or Spanish for all parents with a child 0 through 5 years old.

Results
This past year more than 65,000 Kits were distributed to local families through 800 community partners.

211

First 5 San Diego provides critical support for 211, the county's 24-hour community information center. Anyone can call for free information and receive referrals to health and social services, including public assistance, drug treatment, physical and mental health services, and parenting programs.

Results
211 assisted more than 162,000 people in 2007-2008 — an estimated 38,600 callers were members of families with children 0 through 5. During the 2007 wildfires, 211 answered 11,000 calls per day and 120,000 calls total during the course of the fires, linking families to critical disaster services.

Innovative Grants

Innovative grants are used to encourage the use of new service approaches or proven techniques that support the physical, social, emotional, and/or cognitive development of children 0 through 5 years of age.

Results
Thirteen innovative projects were funded, ranging from parenting classes for fathers to substance abuse screening and treatment for pregnant women.

Responsive Fund Grants

The Commission supports new opportunities, meets urgent needs, launches pilot projects, or leverages other funding through a program of responsive grants funding.

Results
This year, three responsive fund grants received funding for literacy, childhood obesity prevention and provider training programs.

Capital Projects

In 2004, First 5 San Diego approved a one-time investment of $60 million and awarded funds to build and improve the facilities and equipment of programs that support the healthy development of young children. This funding aided preschools, hospitals, clinics, libraries, and dental offices, as well as new health and child development centers that serve young children and pregnant women.

Results
Seventeen new capital projects were funded this year. In all, thirty-two capital Projects have been approved by the Commission.

Community Water Fluoridation

Community water fluoridation is considered the safest, most effective, cost-efficient and equitable means to provide protection from tooth decay in a community. By preventing tooth decay, fluoridation helps prevent needless infection, pain, suffering, loss of teeth and many negative effects to overall health.

On November 5, 2007, the First 5 Commission of San Diego County voted to fund water fluoridation in San Diego County. The first area will be the City of San Diego, as this will benefit the greatest number of children from 0 to 5 years of age: 112,210 children or 41.2 percent of the total 0 to 5 population countywide.

STATEMENT OF REVENUES, EXPENDITURES AND CHANGES IN FUND BALANCE FOR THE YEAR ENDED JUNE 30, 2008

REVENUES	
Prop 10 Tobacco Tax	$ 27,372,233
Prop 10 School Readiness	$ 7,045,526
Prop 10 Child Care Retention	$ 1,967,421
Prop 10 Special Needs Demonstration Project	$ 564,295
Prop 10 Preschool for All/Power of Preschool	$ 4,987,577
Interest Revenue	$ 8,222,652
TOTAL REVENUES	$ 50,159,704

EXPENDITURES	
Commission Staff Salaries & Benefits	$ 2,244,971
Services & Supplies	$ 672,180
Evaluation	$ 1,049,579
Contributions to Community Projects	$ 40,290,040
TOTAL EXPENDITURES	$ 44,256,770
NET CHANGE IN FUND BALANCE	$ 5,902,934
FUND BALANCE, JULY 1,2007 (Reallocated)	$188,634,835
FUND BALANCE, JUNE 30, 2008*	$194,537,769

* Fund Balance includes the Commission's Operating and Sustaining Reserve accounts. Above does not include the Net Increase in Fair Market Value of Investment per audit report.

head·hand·heart

call First 5 San Diego for a good start℠

First 5 San Diego Funded Programs by Region

LEGEND

CAP	Capital Projects
CRS	CARES
HCA	Health Care Access
HDS	Healthy Development Services
IN	Innovative Grant
KIT	Kit for New Parents
NA	Not Applicable
OH	Oral Health
PD	Parent Development
PFA	Preschool for All
RF	Responsive Fund
SR	School Readiness

North Coastal

Cal State Univ San Marcos Foundation
CAP Center for Children and Families....7,681,356

Casa de Amparo
CAP The Child Development and Family Services Center....50,000

Oceanside Unified School District
CAP Project LISTOS....49,995
SR School Readiness Program....462,260

Rady Children's Hospital
CAP Play Equipment for Healthy Development....47,186
HDS Regional Network Provider....1,742,743

Vista Community Clinic
CAP Prenatal Services....50,000
HCA Access to Healthcare....430,424

North County Health Services
PD Project Parenting....218,563

North Inland

Borrego Community Health Foundation
CAP Healthy Steps for Young Children....47,190

Cal State Univ San Marcos Foundation
CAP Center for Children and Families....7,681,356

Community Health System Inc.
CAP Fallbrook Family Health Center....49,256

Escondido Union School District
SR School Readiness Program....757,774

Jewish Family Service of San Diego
CAP Preschool in the Park....30,000

North County Health Services
HCA North Inland Healthcare Access Initiative....465,782
PD Project Parenting....218,563

North County Serenity House
CAP Enhanced Inclusive Environment for Children....50,000

Palomar Pomerado Health
HDS Regional Network Provider....1,622,375

Palomar Pomerado Health
CAP Welcome Home Baby Data Improvement....32,660

Palomar Pomerado Health
CAP Newborn Hearing Screening Equipment....32,726

Ridgeview Preschool
CAP Ridgeview Preschool Playground....50,000

Vista Unified School District
SR School Readiness Program....161,714

North Central

Bayside Community Center
PD Ready, Set, Go....190,709

Catholic Charities
PD Parents as Teachers (PAT)....337,838

Rady Children's Hospital
CAP Play Equipment for Healthy Development....47,186
HDS Regional Network Provider....1,653,403

Ramona United Methodist Preschool
IN Gymnastics Camp....6,050

Riding Emphasizing Individual Needs and Strengths (REINS)
IN Therapeutic Consulting Partnership....10,000

San Diego Public Library
CAP Preschooler's Door to Learning Centers....4,000,000

San Diego Unified School District
SR School Readiness Program....2,637,180

SAY San Diego
HCA North Central Healthcare Access Initiative....267,645
PD Start Smart/Our Kids Count....519,094

United Cerebral Palsy Assoc.
CAP Mobile Toy and Software Lending Library Van....38,387

Central

Blessed Sacrament Parish Preschool
CAP Preschool Classroom Improvements....50,000

Catholic Charities
PD Parents as Teachers (PAT)....337,838

Family Health Centers
CAP Child Development, Pediatrics, Obstetric and Health Education Services....406,5351
HDS Regional Network Provider....268,0621
OH Oral Health Initiative....199,995

Horn of Africa
IN Families Together Program....60,000

La Maestra Family Clinic, Inc.
CAP Healthy Kids....49,516

Rady Children's Hospital
IN Center for Healthier Communities....44,999

San Diego Community College Auxillary
IN My Dad, My Book and Me....75,000

San Diego Youth and Community Services
CAP Options for Health....46,289
PD Teen Options....111,260

SAY San Diego
HCA Insuring Healthy Families....822,575
IN Talk to Me....21,136
PD Start Smart/Our Kids Count....51,094

St. Vincent de Paul
PD Project LEAP (Literacy Empowerment Activities for Parents)....182,565

San Diego Public Library
CAP Preschooler's Door to Learning Centers....4,000,000

San Diego Unified School District
SR School Readiness Program....2,637,180

South

Catholic Charities
PD Parents as Teachers (PAT)....337,838

Chula Vista Elementary School District
SR School Readiness Program....780,000
SR Special Needs Demonstration Project....500,000

Home Start Inc.
HCA South Bay Healthcare Access Initiative....748,743

La Maestra Family Clinic, Inc.
CAP Healthy Kids....49,516

National City Library
PD WOW Mobile (Words on Wheels)....116,340

National School District
SR School Readiness Program....360,000

Regents of the UC - UCSD
PD NEAT AT 2....503,470

San Ysidro Health Center, Inc.
CAP Maternal and Child Health Center....5,264,132

San Ysidro School District
SR School Readiness Program....74,675

South Bay Community Services
HDS Regional Network Provider....1,768,613

East

Borrego Community Health Foundation
CAP Healthy Steps for Young Children....47,190

Cajon Valley Union School District
CAP Kennedy Park "Tot Lot"....50,000
SR School Readiness Program....181,000

Grossmont Cuyamaca Community College District
CAP Child Development Center Preschool Playground Renovation....50,000

Catholic Charities
PD Parents as Teachers (PAT)....337,838

Family Health Centers
HDS Regional Network Provider....1,461,844

La Maestra Family Clinic, Inc.
CAP Healthy Kids....49,516

Neighborhood Healthcare
HCA East County Healthcare Access Initiative....352,369

Pregnancy Care Center
CAP Alive to Thrive....49,329

Rady Children's Hospital
IN Center for Healthier Communities....44,999

Santee School District
CAP Children & Families Ready 4 School....27,198
IN Children & Families Ready 4 School....74,827

Southern Indian Health Council
CAP Pediatric Dental Equipment....50,000

Countywide

211
NA Information and Referral....903,000

American Academy of Pediatrics
HDS Countywide Coordination....800,000
RES Reach Out and Read....129,504

California Dental Association Foundation
NA Fluoridation Project Management....509,713

Community Clinics Health Network
OH Oral Health Initiative....1,402,000

Community Health Improvement Partners
RES What To Do When Your Child Gets Sick....24,454

HHSA Public Health Services
RES Childhood Obesity Prevention....50,000

Jewish Family Service of San Diego
PD Peaceful Parenting....512,149

Kids Included Together (KIT)
IN KIT Inclusion Builds School Readiness Project....69,957

La Cuna, Inc
IN Individualized Therapy & Support Project....74,827

Rady Children's Hospital
HDS Partnership for Smoke-Free Families....140,000

Regents of the UC - Cooperative Extension
PD Off to a Good Start....412,627

San Diego County Office of Education
PFA Preschool for All....6,000,000

Scripps Memorial Hospital La Jolla
IN The Parent Connection....17,495

SDSU RF Exceptional Family Resource Center
IN Neonatal Intensive Care Unit Family Support Project....15,000

St. Vincent de Paul
CAP Village Child Development Center....6,968,025

U.S. NAVY
CAP San Diego School Readiness Coalition....10,803,043

UCSD Regional Perinatal
PD Welcome Baby Program....607,000

UCSD School of Medicine
IN Substance Abuse Screening for Pregnant Women....44,999

University of San Diego- SOLES
IN Transition Support Program....74,969

YMCA - Childcare Resource Service
CRS San Diego CARES Program....3,000,000

First 5 Commission of San Diego County

2008 Commission Members

Greg Cox, Chair
San Diego County Supervisor, District 1

Carol Skiljan, Vice-Chair
Executive Director,
Light for Life Foundation of Southern California

Charlene Tressler, Secretary
Executive Director, Child Development Associates

Wilma J. Wooten, M.D., M.P.H.
Deputy Health Officer, County of San Diego Health and Human Services Agency

Nick Macchione, MS, MPH, FACHE
Director, County of San Diego Health and Human Services Agency

Jean Shepard (retired June 2008)
Director, County of San Diego Health and Human Services Agency

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Kristin Gist, Vice Chair
Fran Butler-Cohen
Michael Carr
Mark Foreman
DeWan Gibson
Jack Loumanen
Debbie Macdonald
Annamarie Martinez
Gene Nathan
Ruth Newton
Ron Plotkin
Judith Shaplin
Sandra Silverman
Sherry Torok

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Fred Baranowski, Vice-Chair
Rob Castetter
William M. Scarfia
Ebony Shelton
Michael Van Mouwerik
Alternate Members:
Mark Van Den Herik
Christine Fay
Andrew Pease

Commission Staff

Laura S. Spiegel
Executive Director

Martin Cherry
Operations Manager

Lynn Eldred
Program & Evaluation Manager

Grace Young
Contracts and School Readiness Program Manager

Mila Apuy
Account Clerk Specialist

Naomi Chavez
Fiscal Manager

Lauren Chin
Community Engagement & Planning Manager

Lisa Contreras
Communications & Community Outreach Coordinator

Martha A. Garcia
Contract Monitoring & Compliance Manager

Charissa Hines
Health Projects Coordinator

Phyllis House-Cepeda
School Readiness & Literacy Coordinator

Rosa Lemus
Board Secretary

Randall Marks
Health Projects Manager

Commission Staff *(continued)*

James McCabe
Associate Accountant

Christine Otsuka
Fiscal Accountant

Nancy Page
Office Assistant

Marites Perez
Grants & Contracts Coordinator

Heidi Plummer
Administrative Support

Steven Smith
School Readiness & Literacy Manager

Leadership Teams
Evaluation Leadership Team
Preschool for All Leadership Team

First 5 Commission of San Diego County
1495 Pacific Highway, Suite 201
San Diego, CA 92101-6466
619-230-6460
1-888-5 FIRST 5 (888-534-7785)
(Toll Free Program Information)

Improving the lives of children ages 0 through 5℠

2009 CALENDAR

head·hand·heart
call First 5 San Diego for a good start℠
1-888-5 FIRST 5

It's not just about making sure children get covered (with insurance) and that they can access services, but they know how to navigate their way through the health care system. –First 5 Provider

January

Call First 5 San Diego for a good start℠
1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Dr. Martin Luther King, Jr. Day	20	21	22	23	24
25	26 Chinese New Year	27	28	29	30	31

Thank you for teaching us how to keep our children healthy and also how to and how not to discipline our children. I know I will be a better parent now.
-First 5 Parent Participant

February

Call First 5 San Diego for a good start℠
1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Groundhog Day	3	4	5	6	7
8	9	10	11	12	13	14 Valentine's Day
15	16 Presidents Day	17	18	19	20	21
22	23	24	25 Ash Wednesday	26	27	28

My life has become easier because when you're by yourself it's so much harder. You don't know what to do. -First 5 Parent Participant

March

Call First 5 San Diego for a good start℠

1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Read Across America Day	4	5	6	7
8 Daylight Saving Time Begins	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20 First Day of Spring	21
22	23	24	25	26	27	28
29	30	31 César Chávez Day				

The children are gaining the skills that they need for school. We are really empowering these families.
–First 5 Provider

April

Call First 5 San Diego for a good start℠
1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 April Fool's Day	2	3	4
5 Palm Sunday	6	7	8 Passover Begins at Sundown	9	10 Good Friday	11
12 Easter Sunday	13	14	15	16 Passover Ends	17	18
19	20	21	22 Earth Day	23	24 Arbor Day	25
26	27	28	29	30		

We're giving these children a chance at a healthy start. -First 5 Provider

May

Call First 5 San Diego for a good start℠

1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 May Day	2
3	4	5 Cinco De Mayo	6	7	8	9
10 Mother's Day	11	12	13	14	15	16 Armed Forces Day
17	18	19	20	21	22	23
24 31	25 Memorial Day	26	27	28	29	30

You see the difference between someone who has gone to preschool and someone who hasn't. It was important for me to give them a running start.
–First 5 Parent Participant

June

Call First 5 San Diego for a good start℠
1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Flag Day	15	16	17	18	19	20
21 Father's Day First Day of Summer	22	23	24	25	26	27
28	29	30				

I couldn't be happier with the program. The teachers are amazing and know how to make learning fun.
–First 5 Parent Participant

July

Call First 5 San Diego for a good start℠
1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Parents Day	27	28	29	30	31	

There are healthier children
in the county because of First 5.
– Community Leader

August

Call First 5 San Diego for a good start℠
1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Ramadon Begins
23 30	24 31	25	26	27	28	29

It is a wonderful thing to be able to help those families that need it. When we can get them through the system it is very rewarding.
– First 5 Provider

September

Call First 5 San Diego for a good start℠
1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13 Grandparents Day	14	15	16	17	18	19 First Day of Rosh Hashanah
20 Ramadan Ends	21	22 First Day of Autumn	23	24	25	26
27 Eve of Yom Kippur	28 Yom Kippur	29	30			

Preschool for All has helped my children develop tremendously both socially and developmentally. –First 5 Parent Participant

October

Call First 5 San Diego for a good start℠

1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Child Health Day	6	7	8	9 National Children's Day	10
11	12 Columbus Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

This program has met my child's needs in all ways possible: physical, emotional, intellectual, and it has also met our family's needs. -First 5 Parent Participant

November

Call First 5 San Diego for a good start℠
1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Time Ends	2	3	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30					

We have healthier communities. The more children you have who are insured, the more families understand the benefits of accessing care, and the more likely they are to access care. – First 5 Provider

December

Call First 5 San Diego for a good start℠
1-888-5 FIRST 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Pearl Harbor Remembrance Day	8	9	10	11 Chanuka Begins	12
13	14	15	16	17	18 Chanuka Ends	19
20	21 First Day of Winter	22	23	24 Christmas Eve	25 Christmas Day	26 Kwanzaa Begins
27	28	29	30	31 New Year's Eve		