

The first five years  
of life are critical to  
a child's development



*head hand heart*  
CALL FIRST 5 SAN DIEGO FOR A GOOD START

First 5 San Diego is the region's primary organization for promoting the health and well-being of children during the most critical years of development – the first five years of life. Our vision is that all children ages 0 through 5 are healthy, are loved and nurtured, and enter school as active learners.



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[first5sandiego.org](http://first5sandiego.org)

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Healthy  
Development  
Services







## HEALTHY DEVELOPMENT SERVICES

The first five years of life are the best time for children to learn and develop the skills they will need throughout their life.

Infants and children grow and develop differently. It is important for parents to know their children are growing and reaching important milestones.

First 5 San Diego's Healthy Development Services provides developmental and behavioral screenings for children from birth through 5 years of age, and connects children and families to needed services.

First 5 San Diego works with some of the best community agencies in San Diego County to ensure parents and other caregivers have the help they need to keep their children thriving.

**First 5 Healthy Development Services partners provide the following services throughout San Diego County:**

- **Developmental** screenings, classes, parent coaching, and therapy
- **Behavioral** screenings, classes, parent coaching and therapy
- **Speech and Language** screenings, classes, and therapy
- **Care Coordination** is provided to help families connect to and utilize First 5 San Diego's Healthy Development Services
- **Parent Education, Support and Empowerment** classes and referrals
- **Referrals** to other services are provided if needed

### TIPS

- Talk and read to your child. Your child is learning language from you every day.
- Take your child to the park or have a friend over to play. Children learn from each other through play.
- Take your child outside. Take your child outside to crawl, walk and run in the fresh air.
- Children love music. Sing to them or play them a song.
- Remember that every child is unique. Every child grows and learns at a different pace. Be patient with your child.
- Spend time cuddling and holding your child. It will help your child feel cared for and secure.
- Spend time playing, singing, and dancing with your child.

