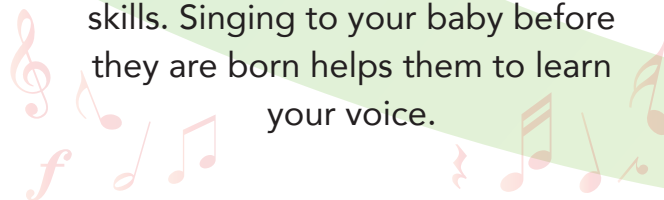


**FIRST STEPS  
HELPS PARENTS RAISE  
HEALTHY & HAPPY  
CHILDREN**



Singing to your child builds language skills. Singing to your baby before they are born helps them to learn your voice.



**THE ITSY-BITSY SPIDER**

The itsy-bitsy spider  
Climbed up the waterspout  
Down came the rain  
And washed the spider out  
Out came the sun  
And dried up all the rain  
And the itsy-bitsy spider  
Climbed up the spout again



**A NO-COST PROGRAM  
FOR SAN DIEGO  
PARENTS & PARENTS-TO-BE**

MORE INFORMATION AT:

**firststepssd.org**



**FAMILY SUPPORT PROGRAM**

# 90%

## OF A CHILD'S BRAIN DEVELOPS BY AGE 5

The connections they share with loved ones play a key part in this growth. Being your child's first teacher can be hard, but...

## YOU DON'T HAVE TO DO IT ALONE!



## WHAT WE OFFER

We connect you and your family with a Family Support Specialist. Together, you will talk about your child's growth and hopes for their future.

The Family Support Specialist will help you:

- Make learning fun
- Be healthy
- Use positive parenting strategies
- Connect to doctors and other community programs
- Deal with the hard parts of parenting
- Lower stress
- Strengthen good relationships with each other

MORE INFORMATION AT:

# firststepssd.org



LIVEWELLSD.ORG

Also funded by CalWORKs Home Visiting Program



## TO CONNECT WITH YOUR LOCAL FIRST STEPS, PLEASE CONTACT:

### NORTH INLAND/NORTH COASTAL

#### Palomar Health

Brenda Ansell

(760) 739-3261

FirstSteps@palomarhealth.org

### CENTRAL/NORTH CENTRAL

#### SAY San Diego

Kristen Lowther

(619) 283-9624

klowther@saysandiego.org

### EAST

#### Home Start, Inc.

Jeni Barre

(619) 402-0085

jbarre@home-start.org

### SOUTH

#### South Bay Community Services

Michelle Favela

(619) 420-3620

mfavela@csbcs.org



San Diego & Imperial Counties  
INCORPORATED IN CALIFORNIA

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



released October 2019