



First Steps is a no-cost program for expectant parents and parents of newborns. Our dedicated, friendly staff provides

**assistance,
education
and support**

all in the comfort of families' homes.



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.



1-888-5FIRST5
1-888-534-7785

FIRST5SANDIEGO.ORG

follow us on our social networks!



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First 5 *First Steps*



FIRST STEPS HELPS PARENTS RAISE HEALTHY, HAPPY CHILDREN

Parents are partnered with a trained and friendly home visitor. At each home visit, families talk with their home visitor about what to expect at each stage of their baby's growth and set goals for their family's future. Parents gain tips and tools for parenting and learn fun and interactive ways to help their babies grow and learn!



WHAT WE OFFER:

- Support during pregnancy and with your new baby
- Information about your baby's growth and development
- Ways to make your home safer for your baby
- Skills to strengthen family relationships
- Connections to helpful resources, such as medical providers
- Help coping with the challenges of parenting
- Tools to better manage stress

Call 1-888-5 FIRST 5 (1-888-534-7785) or
visit First5SanDiego.org to access First Steps

WHO CAN ENROLL:

First Steps provides home visits beginning prenatally. We serve families who would like extra support and who:

- Are pregnant
- Meet income requirements
- Live in San Diego County

We also have home visitors who focus on helping teens, military families, and immigrant and refugee families.

