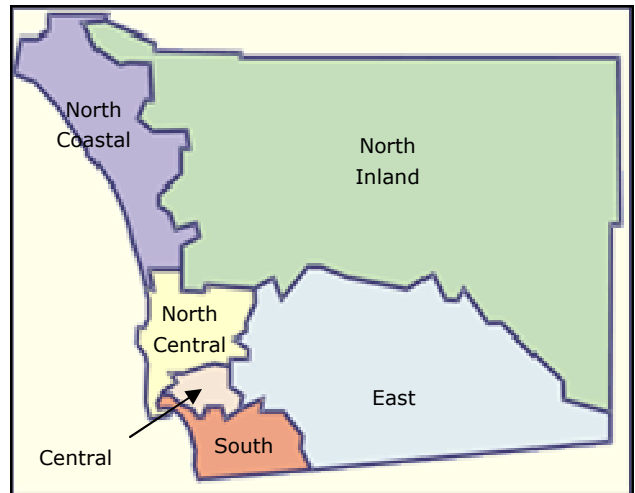


First 5 San Diego Health and Developmental Services

The First 5 Commission of San Diego County created First 5 San Diego Health and Developmental Services to improve access to FREE services that promote optimal development and enable children to enter school ready to learn. First 5 San Diego Health and Developmental Services are available to:

- Children ages 0-5 and their families
- Children who cannot access services elsewhere

Services are available to all, but they are targeted toward children with the greatest need.



Services Provided

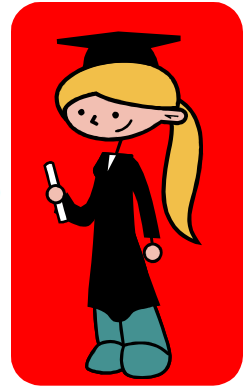
Parent Support and Empowerment	Services include parent support groups, workshops, and classes and peer-to-peer connections for parents of children with special needs.
Newborn Home Visiting	Services are for <u>new first-time parents</u> and include education on breastfeeding, immunizations, and child development, a physical health screening, and referrals to additional services as appropriate.
At-Risk Home Visiting	Services are for children whose families need targeted education and case management to empower them to provide a nurturing home environment.
Developmental Services	Services include screening, assessment, and treatment of mild to moderate developmental delays and referrals to additional services as appropriate.
Speech and Language Services	Services include speech therapy for children with mild or moderate speech and language delays.
Vision Services	Services include vision screenings and assessments, and may include free or reduced cost prescriptions for eyeglasses.
Hearing Services	Services include screening for hearing problems and referral to a pediatrician or audiologist as appropriate.
Behavioral Services	Services include counseling or other behavioral therapy to meet the social and emotional needs of children and their families.
Health and Behavioral Consulting	Services are for daycare providers or other professionals in need of assistance with the children in their care.

Please contact Regional Coordinators for detailed service information prior to referring clients.

First 5 San Diego

Health and Developmental Services

Regional Coordinator	
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California Chapter 3



First 5 Commission of San Diego County
 Improving the lives of children 0 to 5

Funded by **First 5 Commission of San Diego County**
 Countywide Coordination provided by **The American Academy of Pediatrics California Chapter 3**
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