

Every parent should know:

Is my child growing, learning and developing appropriately?

Can I do more to assure that my child grows up healthy and ready to start school?

Where can I find help if I have concerns?



"Being a parent is a special gift. Parents can be their children's best teacher. This program can help young children, parents and their families thrive."

~ Donald T. Miller MD MPH FAAP

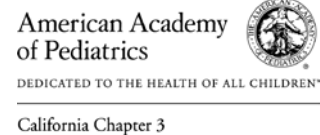
Regional Leads:

- Family Health Centers of San Diego
- Palomar Pomerado Health
- Rady Children's Hospital
- South Bay Community Services

Funded by:



Coordinated and Recommended by:



California Chapter 3



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

Health & Developmental Services



What can HDS do for me and my family?

First 5 San Diego Health and Developmental Services (HDS) supports families. We provide FREE services that will help ensure children are ready to learn when it's time for them to go to school. All the services are available to you in your community.

Who can get these services?

- Children age 5 and under and their families

and

- Children who cannot get these services through health insurance or other sources



What FREE services are offered?

Developmental Services

Developmental checkups, classes, therapy, and referrals to other services if needed.

Speech and Language Services

Classes and therapy for children and families.

Vision Services

Eye checkup and free or discounted eyeglasses for children.

Hearing Services

Hearing tests and referrals to a specialist for children if needed.

Behavior Services

Coaching for families to help with their child's behavior.

Parent Support

Classes, support groups, and workshops for parents.

Newborn Home Visits

Free in home checkup for all new parents and their baby by a nurse.

Home Visits

Ongoing home visits and education for children and families if needed.

How can my child get these services?

Call the organization in your region.

Who to call:

CENTRAL

Family Health Centers of San Diego
Phone: **619-515-2406**

EAST

Family Health Centers of San Diego
Phone: **619-515-2463**

NORTH CENTRAL

Rady Children's Hospital
Phone: **858-966-1700 x 7644**

NORTH COASTAL

Rady Children's Hospital
Phone: **858-966-1700 x 6577**

NORTH INLAND

Palomar Pomerado Health
Phone: **877-504-BABY (2229)**

SOUTH

South Bay Community Services
Phone: **619-420-3620**

or dial 2-1-1.