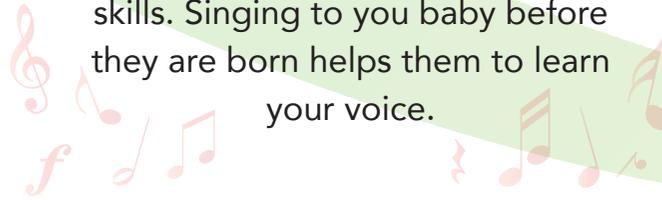


**FIRST STEPS
HELPS PARENTS RAISE
HEALTHY & HAPPY
CHILDREN**



Singing to your child builds language skills. Singing to you 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

TO CONNECT WITH YOU LOCAL FIRST STEPS, PLEASE CONTACT:

NORTH INLAND/NORTH COASTAL Palomar Health

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SOUTH South Bay Community Services

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LIVEWELLSD.ORG

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