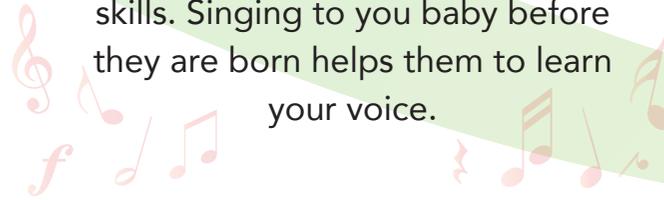


**FIRST STEPS  
HELPS PARENTS RAISE  
HEALTHY & HAPPY  
CHILDREN**



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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### CENTRAL/NORTH CENTRAL SAY San Diego

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### SOUTH South Bay Community Services

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American Academy of Pediatrics

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