Singing to your child builds language skills. Singing to your 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
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

TO CONNECT WITH YOUR LOCAL FIRST STEPS, PLEASE CONTACT:

NORTH INLAND/NORTH COASTAL
Palomar Health
Shirin Strauss, M.A., ICCE, IBCLC
(760) 739-3261
shirin.strauss@palomarhealth.org

CENTRAL/NORTH CENTRAL
SAY San Diego
Jean Saito
(619) 283-9624
jsaito@saysandiego.org

EAST
Home Start, Inc.
Jeni Barre, (619) 402-0085
jbarre@home-start.org

SOUTH
South Bay Community Services
Lizbeth Noriega, (619) 420-3620
lnoriega@csbcs.org

MORE INFORMATION AT:
firststepsssd.org