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.

We partner to help you:

- Lower stress
- Make learning fun
- Use positive parenting strategies
- Connect to community resources
- Deal with the hard parts of parenting

MORE INFORMATION AT:

firststepsssd.org

TO CONNECT WITH YOUR LOCAL FIRST STEPS, PLEASE CONTACT:

NORTH INLAND/NORTH COASTAL
Palomar Health
(760) 739-3261
firststeps@palomarhealth.org

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

EAST
Home Start, Inc.
(619) 402-0278
firststeps@home-start.org

SOUTH
SBCS
(619) 650-1597
firststeps@csbcs.org

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Healthy Families America – AFFILIATE –

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LIVE WELL SAN DIEGO

AAP-CA3

San Diego & Imperial Counties

American Academy of Pediatrics

Dedicated to the health of all children

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