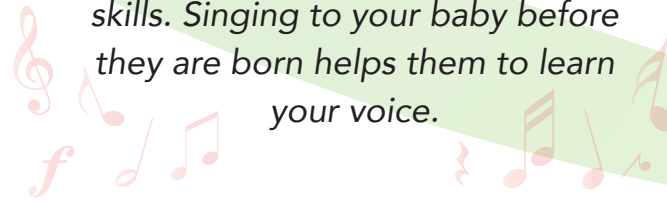


**FIRST STEPS  
HELPS PARENTS RAISE  
HEALTHY & HAPPY  
CHILDREN**



*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

**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.

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:

# firststepssd.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

firststepscentral@saysandiego.org

#### EAST

**Jeni Barre**

(619) 402-0085

jbarre@home-start.org

#### SOUTH

**SBCS**

(619) 650-1597

firststeps@csbcs.org



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San Diego & Imperial Counties  
INCORPORATED IN CALIFORNIA

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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