

# Health



For information about child development, health insurance or oral health services in San Diego County call 1-888-5 FIRST 5 (1-888-534-7785) or visit our website at [www.first5sandiego.org](http://www.first5sandiego.org)



Improving the lives of children ages 0 through 5.

The first five years of life are critical to a child's development. These years shape a child's success in school and in life. First 5 San Diego helps parents and others to help children during these critical years.

head·hand·heart  
call First 5 San Diego for a good start

First 5 San Diego offers countywide services that promote the healthy development of children from the prenatal stage through 5 years of age.



## Healthy Development Services

Children grow and develop at different rates. It is important for parents to know how their children are growing and reaching important milestones. First 5 San Diego's Healthy Development Services provides free developmental checkups for children from birth through 5 years of age, and connects children and families to needed services. First 5 Healthy Development programs provide the following services for children:

- Newborn home visits to all first-time parents
- Vision, hearing, speech and language, and behavior development services
- Advice and support for parents, daycare providers and preschool teachers of children with special needs
- Referrals to programs to help pregnant women and their families to stop smoking

## Healthcare Access

First 5 San Diego's Healthcare Access program helps eligible families sign up for, use and stay enrolled in health insurance.

Certified Application Assistants are experts in determining a family's eligibility for programs such as Medi-Cal, Healthy Families and Access for Infants and Mothers (AIM). Once families are enrolled in one of these programs, they are guided in finding healthcare services, scheduling well-child visits, immunizations and dental care.

## Oral Health Program

The Oral Health Program provides dental checkups and treatment for young children and pregnant women. A healthy mouth, including teeth and gums, is essential to the overall health of infants, children and adults.

Dental disease can have serious and expensive consequences for children if left untreated. These include pain, infections, the inability to eat and tooth loss. Children with dental disease also may have trouble sleeping, talking and concentrating, and may even miss school.

Good dental health is important for pregnant women, too, as the bacteria from the mother's tooth decay can affect the health of her unborn child. First 5 San Diego Oral Health programs include:

- Dental checkups and treatment for young children
- Dental checkups and treatment for pregnant women
- Oral health education to parents and other caregivers