

GIVE YOUR CHILD THE BEST START

With First 5 LA



Champions For Our Children

GETTING YOUR CHILD OFF TO THE BEST START IN LIFE IS WHAT FIRST 5 LA IS ALL ABOUT!

During the first 5 years of life, your child's brain grows to 75-90% of its full size. Research shows how you care for your baby now will make a difference for his or her whole life. All kids deserve a healthy start! To give your child the best start possible, First 5 LA supports a wide range of programs (from prenatal through age 5) all across Los Angeles County. Free and low-cost programs cover everything your child needs to grow up healthy, safe and ready to learn.

KEEP THEM HEALTHY

From health insurance to keeping your child fit, First 5 LA programs provide valuable services and tips to parents and kids.

Free/Low-Cost Health Insurance for Your Kids

Does your child need health insurance that also covers dental, vision and mental health care? Free or low-cost health, dental, vision and mental health coverage is available through the Healthy Kids program to eligible children age 5 and under who live in LA County.

[CALL 1-888-FIRST5-LA](tel:1-888-FIRST5-LA)

Educational Materials on Parenting

You don't have to be a first-time parent to benefit from the Kit for New Parents. This free kit covers topics like prenatal care, early childhood development, nutrition, health, safety and child care. The kit is available in English and Spanish.

[CALL 1-800-KIDS-025](tel:1-800-KIDS-025)

Prenatal Care Programs

Taking the best care of yourself during pregnancy will give your baby the best start possible. Our LA Best Babies Network promotes healthy birthweights and provides health, education and social services to expectant moms.

[CALL 1-888-FIRST5-LA](tel:1-888-FIRST5-LA) • WWW.LABESTBABIES.ORG

KEEP THEM SAFE

First 5 LA supports programs to help make sure your child remains safe from harm.

Services, Support and Referrals for Your Family

Get connected to services you need to keep your kids safe. First 5 LA works with local service agencies to educate parents on the importance of safety to prevent unintentional injuries.

[CALL 1-888-FIRST5-LA](tel:1-888-FIRST5-LA)

Safely Surrendered Babies Support

First 5 LA supports awareness of California's Safely Surrendered Baby Law, which allows parents to anonymously and safely surrender their babies without penalty of law, and gives unwanted newborns a chance at life.

[CALL 1-877-222-9723](tel:1-877-222-9723) • WWW.BABYSAFELA.ORG

Prevent Child Abuse

Through First 5 LA's Partnership for Families, a joint child abuse and neglect prevention program with the LA County Department of Children and Family Services, local service partners are available to fulfill the unique needs of children, families and communities.

[CALL 1-888-FIRST5-LA](tel:1-888-FIRST5-LA)

"I can be worry-free about costs for my kids' health care. It's so affordable compared to being uninsured."

– parent of a Healthy Kids health insurance enrollee

HEALTH INSURANCE, SAFETY AND
EDUCATION PROGRAMS ARE AVAILABLE
AT NO OR LOW COST FOR KIDS AGES 0-5.



HELP THEM LEARN

Education is the key to a lifetime of opportunities. First 5 LA supports programs to help your child succeed in school.

Quality Preschool for Your Child

Studies show that children who attend preschool are more likely to succeed in school and in life. First 5 LA supports many preschool programs available to four-year-olds throughout the county through Los Angeles Universal Preschool (LAUP). A number of preschools have expertise working with children with special needs and disabilities.

CALL 1-866-675-5400 • WWW.LAUP.NET

Literacy Programs for Your Entire Family

Reading with your child promotes positive feelings about literacy and learning. Our Family Literacy programs encourage reading and education for parents and kids, family bonding and school readiness.

CALL 1-888-FIRST5-LA

Help Your Child Become “School Ready”

First 5 LA and First 5 California can connect you with social and health services to prepare your kids for school.

CALL 1-888-FIRST5-LA

“Thanks to the program, my four-year-old, Ángel, has an extensive vocabulary, his relationship with other kids is very good and the communication between us is excellent.”

– parent participating in the Family Literacy Program

About First 5 LA

First 5 LA is a unique child-advocacy organization created by California voters to invest tobacco tax revenues in programs for improving the lives of children in Los Angeles County, from prenatal through age 5. First 5 LA champions health, education and safety causes concerning young children and families.

**CALL OUR CONFIDENTIAL
PARENT HELPLINE TODAY!**

1-888-FIRST5-LA (1-888-347-7855)

www.first5la.org



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