



POWAY UNIFIED SCHOOL DISTRICT

The Ready to Learn / Parent Education Project

Poway Unified School District—13626 Twin Peaks Road, Poway, CA 92064

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Kit for New Parents: San Diego Welcome Baby Program

What is the Kit for New Parents?

The **Kit for New Parents** contains a wealth of information and resources for parents of young children. It is available **at no charge** to expecting parents, as well as parents of children ages 0-5, in California. This program is an initiative of [First 5 California](http://www.first5california.com) (the California Children and Families Commission). The kit is currently available in English and Spanish.



- Six videos on the Early Years, Child Care, Safety, Health and Nutrition, Discipline, and Early Literacy
- A series of parenting education brochures with information on child development, child safety, childcare, discipline, early literacy, routine health care: prenatal care, nutrition, dental care, immunizations, and secondhand smoke
- A Parent's Guide to link parents to information and services in their communities through phone numbers and web site addresses
- A small book for parents to read to their babies and young children.
- A developmental growth chart
- A local resource guide
- Magnet with emergency phone numbers

How can I receive a Kit?

The Ready to Learn / Parent Education Project is a proud distributor of this valuable resource. You may pick up your *Kit for New Parents* by visiting our office:



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Poway, CA 92064
(858) 748-0556

If you prefer to have your Kit mailed to you, please order it directly from the State by calling:

English: (800) KIDS-025 (800-543-7025)

Spanish: (800-5-0-NINOS (800-506-4667))

To learn more about the San Diego Welcome Baby Program, visit Regional Perinatal System

at www.regionalperinatalssystem.org/programs/wbp/default.asp

First 5 San Diego at http://www.first5sandiego.com/commission_kits.html