



# Speaking for Children

What's best for our youngest children is best for everyone!

## Free Kit for New Parents

First 5 California and First 5 Sonoma County partner to offer all new and expecting parents in Sonoma County a free Kit for New Parents. With a retail value of \$85, First 5's Kit for New Parents is filled with information on nutrition, safety, quality child care, health, discipline and early learning. It gives new and expecting parents all the tools they need to feel confident as they welcome a child into their lives.

The Kit includes:

**Celebrity-hosted DVD** - A central element of the Kit is an educational DVD with parenting advice from prominent child development experts and celebrities, such as talk show host Cristina Saralegui, actors Rob Reiner, Phylicia Rashad, Jamie Lee Curtis, Andy Garcia and singer Gloria Estefan. Covering everything from oral health and child care to safety and discipline, the DVD prepares parents for their child's early years. VHS tapes are also available upon request.

**Advice for new parents booklet** - This comprehensive booklet is divided by "ages and stages" for easy reference, marking key milestones for parents to track how their baby is developing.

**Parents Guide** - This easy to use reference guide is filled with tips and up-to-date information on resources and services available to California parents.

**What To Do When Your Child Gets Sick** - This

easy-to-read book answers questions many parents have regarding their child's health and common illnesses. This is a great guide for helping parents determine when to treat an illness at home and when to call or see a healthcare professional.

**Puppy and Friends (Baby's First Book)** - An interactive reading adventure for parents and babies to enjoy together. Filled with stimulating colors and textures to encourage brain development, the book invites babies to touch and feel puppy's fur, nose and toy.

**Obesity prevention guides** - Highlighting activities that help prevent obesity in young children, these tri-fold pamphlets demonstrate interactive activities to do with children, both in and out of the home, to stimulate growth and healthy development.

**Healthy Families leaflet** - This flyer provides valuable low-cost medical care information, including the

## Hoops Superstar Endorses the Kit for New Parents

WNBA Superstar Lisa Leslie, the Los Angeles Sparks' Most Valuable Player and three-time Olympic gold medalist, is helping raise awareness of the free parent toolkit.

"It is so incredible having a baby, but I wish they were born with their own instruction manual," Leslie said.

"The next best thing is First 5 California's Kit for New Parents, which has everything a new parent could want to feel prepared."

latest requirements, for parents who may want to take advantage of this program administered by the State of California.

**Poison control magnet** - This refrigerator magnet helps parents keep important safety and emergency contact information readily available.

**"Healthy Teeth Begin At Birth"** - This brochure gives an overview on oral health and walks parents through a baby's first visit to the dentist.

Hospitals, clinics, county agencies, home visitation programs and parenting education classes distribute this kit across Sonoma County and California. The kits are available in **English, Spanish, Korean, Vietnamese, Mandarin and Cantonese**. For more information on the kit, visit <http://www.ccfc.ca.gov/kit.asp>.

Parents and caregivers can receive a FREE kit by calling (800) KIDS-025 or First 5 Sonoma County at (707) 565-6680. and asking for the Kit for New Parents in Sonoma County.

### First 5 Sonoma County Additions to the Kit

Superintendent of Sonoma County Schools Carl Wong has said, "Children are 20 percent of our population and 100 percent of our future." First 5 Sonoma County agrees and has added these items to the Kit:

**Infant-Toddler Safety Toothbrush** - This toothbrush is made specifically for the safe introduction of dental care to young children.

**"CPR and Choking Rescue Infants (birth to one year old)" and "CPR and Heimlich Maneuver Children (1 to 8 years old)" booklets** - These booklets outline the A-B-C steps to clear the airway and restore breathing and circulation for choking infants or children.

**"Please Don't Smoke" decal** - This decal announces "There's a baby in the house," to ask visitors not to smoke.

**"Bee Lead Free!" bookmark** - Lead poisoning damages a child's brain making it hard for a child to

learn, pay attention and behave. This bookmark provides information from the Sonoma County Childhood Lead Poisoning Prevention Program.\*

**Poison Control Emergency Hotline stickers** - A poison emergency means you have just seconds to react. Place this Emergency Hotline sticker on your refrigerator and on or near your telephone.

**Parents' Guide for Sonoma County 2009** - The local programs and services described will help you as your care for your young children from birth through age 5.

**Car window sunshade** - Protect your baby from the sun while in the car with this static-cling sunshade, designed to be placed on the car window next to his or her car seat.

**"Bee Lead Free!" growth and safety chart** - Measure baby's growth with this wall chart with tips on how to keep your child's environment "lead-free."

**Goodnight Moon** - Reading with your child is a gift that will last a lifetime. This classic bedtime story, which has lulled generations of children to sleep, is a perfect book to share with your child.

### How can I get a Kit for New Parents?

You can order a Kit by calling (800) KIDS-025 or First 5 Sonoma County at (707) 565-6680. Ask for a Kit for New Parents in Sonoma County.

First 5 California and First 5 Sonoma County provide the kit for FREE so that parents have access to the information and resources they need to best prepare for their new baby.

*\*First 5 Sonoma County had a sample Kit for New parents tested by a certified laboratory, including samples of everything you receive in the Kit. All the materials in the sample kit tested safe for lead.*



### About First 5 Sonoma County

First 5 Sonoma County funds children's health insurance and programs that improve childcare quality, help children succeed in school, and help parents provide safe and nurturing environments for their children. For more information on *First 5 Sonoma County* and its programs, please call 565-6626 or visit [www.first5sonomacounty.org](http://www.first5sonomacounty.org)