
Every parent should know:

Is my child growing,
learning and developing
appropriately?

Can I do more to assure
that my child grows up
healthy and ready to start
school?

Where can I find help if I
have concerns?



“Being a parent is a special
gift. Parents can be their
children’s best teacher.
This program can help young
children, parents and their
families thrive.”

- Donald T. Miller MD MPH FAAP

Regional Leads:

Family Health Centers of San Diego
Palomar Pomerado Health
Rady Children’s Hospital
South Bay Community Services

Funded by:



Coordinated and recommended by:

American Academy of Pediatrics 
DEDICATED TO THE HEALTH OF ALL CHILDREN™
California Chapter 3



Health & Developmental Services



For children age 5 and under

What can HDS do for me and my family?

First 5 San Diego Health and Developmental Services (HDS) supports families. We provide **FREE** services that will help ensure children are ready to learn when it's time for them to go to school. All the services are available to you in your community.



Who can get these services?

- Children **age 5 and under** and their families
- Children who cannot get these services through health insurance or other sources

What FREE services are offered?

Developmental Services

Children get a free developmental check up. Classes, therapy, and referrals to other services are included.

Speech and Language Services

Classes and therapy for children and families.

Vision Services

Children get a free eye check up and can get free or discounted eyeglasses.

Hearing Services

Children get a free hearing test and a referral to a specialist if needed.

Behavior Services

Children and families get free coaching to help with behavior.

Parent Support

Support groups, workshops, and classes for parents.

Newborn Home Visits

All new parents can get a free in home check up for their baby by a nurse.

Home Visits

Children and families get ongoing home visits and education if needed.

How can my child get these services?

Call the organization in your region.

Who to call:

<p style="text-align: center;"><u>CENTRAL</u> Family Health Centers of San Diego Phone: (619) 515-2406</p>
<p style="text-align: center;"><u>EAST</u> Family Health Centers of San Diego Phone: (619) 515-2463</p>
<p style="text-align: center;"><u>NORTH CENTRAL</u> Rady Children's Hospital Phone: (858) 966-1700 x 7644</p>
<p style="text-align: center;"><u>NORTH COASTAL</u> Rady Children's Hospital Phone: (858) 966-1700 x 6577</p>
<p style="text-align: center;"><u>NORTH INLAND</u> Palomar Pomerado Health Phone: (877) 504-BABY (2229)</p>
<p style="text-align: center;"><u>SOUTH</u> South Bay Community Services Phone: (619) 420-3620</p>

Or dial 2-1-1.