



The First 5 Commission of San Diego County (First 5 San Diego) promotes the health and well-being of young children during their most critical years of development, from the prenatal stage through five years of age. First 5 San Diego programs and services are funded through San Diego County's portion of California's Proposition 10 tobacco tax revenues.

First 5 San Diego is a key contributor to improving the system of care for our county's youngest children by providing them with developmental checkups and services, dental care, quality preschool, early education and literacy programs, home visiting services, obesity prevention services and other family support services while building the community and organizational capacity to support families. The goal is that all children ages zero through five are healthy, are loved and nurtured and enter school as active learners.

One program that contributes to that goal is the **Healthy Development Services (HDS)** Program. HDS offers an array of services for early identification and treatment of children with mild to moderate developmental delays. Services include assessment and treatment for behavioral and developmental concerns (including speech and language), parent education and Care Coordination to all families receiving HDS services.

In 2018-2019:

- 16,351 children were screened for developmental delays and treatment was provided for 6,792 children with developmental concerns.
- 12,731 children were screened for behavioral delays and treatment was provided for 3,191 children with behavioral concerns.

HDS provides no cost screenings for development, speech, language, hearing, vision and behavior and referrals for treatment. To get connected, please call the HDS coordinator near you.

Central: Family Health Centers of San Diego – 619-515-2406

East: Family Health Centers of San Diego – 619-515-2463

North Central: Rady Children's Hospital – 858-966-7510

North Coastal: Rady Children's Hospital – 858-966-8235

North Inland: Palomar Pomerado Health – 877-504-2299

South: South Bay Community Services – 619-495-8248

To find other services for children aged 0-5 call 1-888-5 FIRST 5 (1-888-534-7785) or [click here https://first5sandiego.org/](https://first5sandiego.org/)