



1st Five helps children 0-5 years old by helping to find resources in the following areas: physical development, social-emotional development, autism and family stressors.

1ST FIVE HEALTHY MENTAL DEVELOPMENT INITIATIVE IS A PROGRAM OF THE IOWA DEPARTMENT OF PUBLIC HEALTH.

1-800-383-3826
www.idph.iowa.gov/1stFive



1ST FIVE HEALTHY MENTAL DEVELOPMENT INITIATIVE



*A program to support
children ages 0-5 years old
& their families.*

How does 1st Five work?



Through **developmental surveillance & screenings**, your child's doctor's office may refer to 1st Five for no cost, private support.



The 1st Five Program will receive the referral and **contact you**.



1st Five will link you and your child to appropriate **community and healthcare resources**.



1st Five will **follow up** with your child's doctor's office.

What resources can 1st Five connect me to?

Baby Supplies
Breast Feeding Support
Caregiver Depression Counseling
Child Care & Preschool
Dental Care for Children
Developmental Support
Employment & Education Services
Food Services
Hearing Assessments
Home Visiting Programs
Housing Services
Insurance Resources
Immunizations
Lead Screening
Mental Health Services for Children
Nutrition Services
Parenting Support
Transportation
Special Health Care Needs

...and many more!

What is Developmental Surveillance and Screening?

Questionnaires that help identify concerns in physical development, social-emotional development, autism & family stressors.

Surveillance is a short questionnaire asked at every well child visit.

Developmental screens are recommended at 9 months, 18 months and either 24 or 30 months.