

Making the First 5 Years Count



First 5 Contra Costa helps young children start school healthy and ready to learn. We've invested more than \$130 million in programs and activities for children ages 0 to 5, the most important time in a child's development. Funding comes from Proposition 10, a tobacco tax California voters approved in 1998.

OUR REACH

Last year, our funded programs served over **25,000 children and parents.**



What We Do

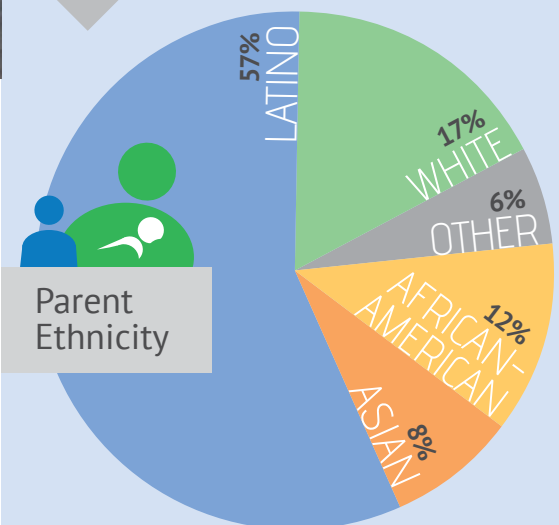
WE SUPPORT FAMILIES

First 5 Centers—Families can find support, parenting information, and fun classes to take with their children like music and movement, art, cooking and more. Everything is free. Find monthly class schedules at first5coco.org.

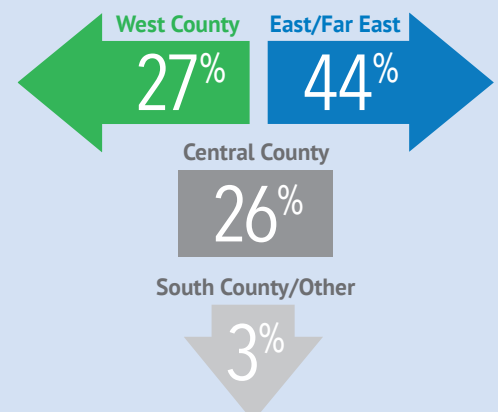
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| Antioch | 512 West 5th Street | (925) 757-5303 |
| Bay Point | 3225 Willow Pass Road | (925) 709-0874 |
| Delta | 760 First Street, Brentwood | (925) 516-3880 |
| Monument | 1736 Clayton Road, Concord | (925) 849-8861 |
| West County | 2707 Dover Street, San Pablo 317 11th Street, Richmond (satellite site) | (510) 232-5650 |

Home Visiting—Home visitors support expecting and new mothers and fathers in Antioch, Bay Point, Concord, Martinez, Pittsburg, Richmond or San Pablo. Home visitors provide information on child development, health and nutrition, employment and housing, and positive parenting.

Welcome Home Baby (925) 753-2156



Where They Live





WE SUPPORT FAMILIES

Triple P Parenting—Triple P is a parenting program used worldwide proven to improve parenting skills and reduce stress and child abuse.

COPE Family Support (925) 689-5811

Kit for New Parents—Babies don't come with instructions, but this parenting kit offers plenty of useful information and support. Email tirwin@first5coco.org to distribute the kit for free to families in your community.

Parent Advocacy—200 parents participate in First 5's Regional Groups to advocate for safer, healthier, and more equitable communities. Join them! Contact (925) 771-7300.



WE IMPROVE CHILD DEVELOPMENT

Help Me Grow 211—All parents have questions; Help Me Grow has answers. Call 211 and find services and support for anything a family needs to help their children thrive.

Developmental Screening—We've trained hundreds of service providers on developmental screening to check if babies and toddlers are developing on track. Children do better in life if delays, like autism or speech issues, are caught early. Call 211 to find screening services.

Help Me Grow Playgroups—Not all delays qualify for state-funded intervention services, but children still need help. That's why we started these playgroups. They help children with mild-to-moderate delays get the boost they need to get back on track. Call 211 for more information.



Child Care Solutions/Inclusion—Children with behavior issues or special needs benefit from typical child care programs, but sometimes their providers need extra help.

Child Care Solutions (Behavior Issues) (925) 671-0777 ext. 106

Inclusion Project (Special Needs) (925) 676-5442



WE IMPROVE CHILD CARE QUALITY

Quality Matters Rating and Improvement System—Quality Matters helps child care providers offer the best care possible. Child care programs are rated on their level of quality and receive training, incentives, coaching, and support at community colleges to raise their ratings. Learn more: qualitychildcarematters.org.

To become a Quality Matters child care program, contact First 5 (925) 771-7300