

New Year's Goal: Get to Know  
Your First 5 County Commission Better

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Lose weight, quit smoking, eat healthier... 'tis the season for making health-related New Year's resolutions. It's estimated that 60 percent of Americans will make many resolutions this year, but only 10 percent will see these resolutions through to the end. This year, enlist the support of First 5 Siskiyou, which provides families of children ages 0 to 5 with early development programs and services to help raise healthy and happy children, to ensure your family's well being is a priority in 2007.

***What do I do once I bring my newborn baby home?*** After the excitement of welcoming your new baby into the family, it is normal to have questions once your baby is home. First 5 Siskiyou offers tips to support new parents through programs such as:

- ***Kit for New Parents*** - Parents and caregivers can receive parenting tips by calling your local Family/Community Resource Center to receive a free *Kit for New Parents*, a resource designed to give new parents and caregivers the tools and information they need to understand the importance of a child's early years. The newly redesigned *Kit for New Parents*, now available in English or Spanish and soon in Korean, Vietnamese, Cantonese and Mandarin Chinese, contains six celebrity-hosted DVDs, brochures, and a Parents Guide that connects parents to programs and services in their communities and provides a wealth of information on raising healthy children.

***How do I keep my child healthy?*** Helping families maintain a healthy lifestyle is a priority for First 5 Siskiyou. There are many programs available that offer free health and dental screenings, as well as, free immunizations, health care coverage and special needs referrals for families locally. These include:

- ***Dental Screenings*** - First 5 Siskiyou helps keep Siskiyou County's children healthy by offering free screenings at local preschool and childcare centers.
- ***Healthy Kids*** - Enroll your child in free health care at your local Family/Community Resource Center.

***How do I prepare my child for school?*** Parents and caregivers are their child's first teacher. First 5 Siskiyou promotes early literacy and encourages parents to help their young children prepare for school.

- ***Early literacy programs*** - Pick up free children's books and other literacy resources at your local Family/Community Resource Center. Participate in a weekly story hour or play group.

First 5 Siskiyou funds nine Family/Community Resource Centers that provide these services, programs and more. Centers are located in Dunsmuir, Happy Camp, McCloud, Montague Hub Communities, Mt. Shasta, Fort Jones, Tulelake, Weed and Yreka.

For more information about First 5 Siskiyou programs and services, please call 938-2834 or visit [www.first5siskiyou.org](http://www.first5siskiyou.org).