Public Health Nursing
FIRST 5 Program
Collaboration between DFCS, MHD and FIRST 5 of Santa Clara

Services Provided:

- Pregnancy Education: Developing Fetus, adjusting to pregnancy, environmental hazards, dangers in pregnancy, importance of prenatal care, healthy choices, exercise/activities, nutrition
- Pregnancy/Postpartum depression and anxiety
- Linkage to medical care, dental, mental health and community resources
- Newborn care, bonding/attachment, developmental milestones
- When to take my baby to the MD
- Appropriate supervision, how to encourage my baby’s development and safe toys/equipment
- Home safety and car seat linkage

This program is for Foster Youth and Non-Minor Dependents who are pregnant and/or parenting an infant who is below one year of age.

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