



Kit for New Parents

First 5 California's free *Kit for New Parents* is a foundational resource to support parents with the most important job anyone can have: parenting.



Parent Essentials

HEALTHY PREGNANCY

The *Kit's* resources explain how to prepare for a healthy pregnancy. It helps parents find a provider and get care.

NUTRITION AND SAFETY INFORMATION

The *Kit* contains nutrition advice for all ages, including how to maintain good habits and avoid sugary snacks and drinks. It also teaches parents how to keep their child safe inside and outside their home.

LOCAL REFERRALS FOR ACCESS

The *Kit* was created for underserved communities and lists many free resources in California to promote access to care for all families.

SCHOOL READINESS

The *Kit* includes advice, instruction, and resources for getting children ready for school cognitively, socially, and emotionally.

ORAL HEALTH ADVICE FOR ALL AGES

The *Kit* provides age-appropriate oral health advice. This includes information on:

- How to clean a baby's gums
- How to brush a toddler's teeth
- When children are old enough to brush on own
- When a baby should see a dentist
- Ways to prevent tooth decay
- How to find a dentist and affordable dental care

What's in the Kit

- California Parent Guide
- *What to Do When Your Child Gets Sick* book
- Touch and feel bilingual baby board book
- Poison control brochure and magnet
- Oral health brochure and infant gum massager/ toothbrush
- Wordless picture book
- Parentage Opportunity program information



How to Order



Scan the QR code with your mobile device to receive a free *Kit*

To order *Kits* in bulk, e-mail parentkit@first5.ca.gov. Be sure to include the following in your e-mail:

- Subject line: "Kit bulk order"
- Organization name
- Shipping address (street address, city, zip code)
- Contact name, e-mail address, and phone number
- County
- Number of *Kits* by language. *Kits* are available in **English, Spanish, Chinese, Korean, and Vietnamese.**