

More possibilities to explore with First 5 San Bernardino

Early Literacy

Reach Out & Read®

Receive FREE books for your patients to make reading doctor-recommended in San Bernardino County. Through a partnership between American Academy of Pediatrics, California Chapter 2 and First 5 San Bernardino, books will be supplied to your practice to encourage reading and early literacy to families with children ages 5 and under. At every well child check-up, doctors and nurses encourage parents to read aloud to their young children, and offer age-appropriate tips and encouragement. **Pediatricians, family physicians and nurses give every child between the ages of six months and five years a new, developmentally appropriate children's book to keep.**

Developmental & Mental Health

Perinatal SART

Screening, Assessment, Referral, and Treatment (SART) Programs have two major components: Perinatal (pregnant women) and children ages 0 - 5.

The mission of the Perinatal SART model is to institute a process of screening and assessment of all pregnant women in San Bernardino County for drug, alcohol, and tobacco use, followed by referral to appropriate treatment programs.

The guiding vision for the Children's SART Model of Care is: Children ages 0 - 5 within the context of their families, will be screened, assessed, and referred for treatment through a universal collaborative and standardized process that strengthens and builds on existing programs in the community. It is an integrated system of health and behavioral health and child welfare, which will ensure access to appropriate early intervention services for children (0 -5 years of age) in San Bernardino County. The core over-arching strategy is the development of a comprehensive Model of Care for children at risk for developmental, emotional, or behavioral problems due to exposure to alcohol and other drugs, child abuse and neglect, and/or other environmental or developmental factors.

Lactation & Breastfeeding

BONUS (Babies Optimal Nutrition with Ultimate Support) is a comprehensive lactation support program with three components:

- 1) A **24 hour warm line** made available to all county residents for support with continued breastfeeding in the months following the birth of their baby. Consultation will be provided by a live International Board Certified Lactation Consultant (IBCLC) from a pool of IBCLCs contracted through 211. All callers will receive a follow up call three months after calling to support them in the continued breastfeeding of their baby.
- 2) **Materials and information promoting continued breastfeeding upon release from the hospital** following the birth of a baby will be provided to local hospitals, prenatal care providers and local businesses and post-secondary schools (promoting lactation accommodation practices) countywide.
- 3) **Hospitals and providers will receive training and support to obtain, re-obtain "BONUS Certified" status.** Six months of the first year of this program will be dedicated to infrastructure building for the program with service delivery beginning in January of 2016.

Systems

Help Me Grow

Help Me Grow is a system that develops a healthy network of existing resources to support at-risk children with the services they need. **The system seeks to reduce missed detection for developmental and behavioral risks in children during their early stages.**

First 5 San Bernardino joins First 5 Alameda, First 5 Contra Costa, First 5 San Joaquin and other child care providers in supporting the statewide network's vision to see "all children in California achieve their optimal development and are supported by a system of developmental and behavioral resources in their communities". First 5 Association of California leads coordination efforts in the state.

Help Me Grow's four core components to the system include child care provider outreach, community outreach, centralized telephone access point and data collection. Fostering Help Me Grow's model in San Bernardino County can benefit communities, providers, parents and children looking for guided assistance to access care in the vast landscape of child development needs and quality supportive resources.

Oral Health

Early Smiles – Education, Screening and Navigation

The Center for Oral Health and its partners will provide **oral health education** to parents and children, 0-5, and pregnant women using evidence-based curricula work at sites throughout San Bernardino County, including preschools and their parent meetings, WIC clinics, community health clinics, mobile vans, and other places with access to members of the target populations. Children, 0-5, and pregnant women will also receive **oral health screening and preventive care**, using a standardized risk-assessment protocol (Association of State and Territorial Dental Directors - ASTDD) and the caries risk assessment from the American Dental Association (ADA). When warranted, staff will **refer clients to dental providers, and will provide assistance in helping clients to navigate the healthcare system and establish a dental home**. A further navigation resource will be the development of a website and mobile App, which will link parents and pregnant women with local dental providers, as well as oral health education.

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www.first5sanbernardino.org

