



1st Five helps children 0-5 years old by helping to find resources in the following areas: physical development, social-emotional development, autism and family stressors.

1ST FIVE HEALTHY MENTAL DEVELOPMENT INITIATIVE IS A PROGRAM OF THE IOWA DEPARTMENT OF PUBLIC HEALTH.

1-800-383-3826
www.idph.iowa.gov/1stFive

IDPH
IOWA Department
of PUBLIC HEALTH

1ST FIVE HEALTHY MENTAL DEVELOPMENT INITIATIVE



*A program to support
children ages 0-5 years old
& their families.*

How does 1st Five work?



Through **developmental surveillance & screenings**, your child's doctor's office may refer to 1st Five for no cost, private support.



The 1st Five Program will receive the referral and **contact you**.



1st Five will link you and your child to appropriate **community and healthcare resources**.



1st Five will **follow up** with your child's doctor's office.

What resources can 1st Five connect me to?

- Baby Supplies
- Breast Feeding Support
- Caregiver Depression Counseling
- Child Care & Preschool
- Dental Care for Children
- Developmental Support
- Employment & Education Services
- Food Services
- Hearing Assessments
- Home Visiting Programs
- Housing Services
- Insurance Resources
- Immunizations
- Lead Screening
- Mental Health Services for Children
- Nutrition Services
- Parenting Support
- Transportation
- Special Health Care Needs

...and many more!

What is Developmental Surveillance and Screening?

Questionnaires that help identify concerns in physical development, social-emotional development, autism & family stressors.

Surveillance is a short questionnaire asked at every well child visit.

Developmental screens are recommended at 9 months, 18 months and either 24 or 30 months.