

Your Baby's First 5 Years
are so Important!

Did you know:

- 90% of human brain development happens before age 6
- From birth to 5, babies are developing social skills, trust, language and communication, problem solving, physical coordination, sight, hearing, and so much more!
- Children are born to learn and parents are the best teachers!

As the parent of a new baby, you have many hopes and dreams for your child's future. You want to do everything you can to support your child's development.

Check out **KidsFirst** today!

Mission Statement

Rainbow Youth Centre's mission is to involve youth 11-19 years old (to 25 in extended programming) in creating a safe, caring, healthy and adaptive community of support by sharing responsibility for recognizing, accepting and developing personal skills.

For more information,
please contact:

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Rainbow Youth Centre
is a
United Way Agency

Rainbow
youth centre



KidsFirst is a free and voluntary **home visiting** program that builds on family's existing strengths. By providing parents with information and skill-building opportunities, KidsFirst aims to ensure the healthy development of children and families.

Funded by the
Regina Qu'Appelle Health Region
KidsFirst Regina

Are you:

- Pregnant?
- A new parent?
- Concerned about your baby's development?
- Looking to connect with community organizations and agencies?
- Wanting to be the best parent that you can be?

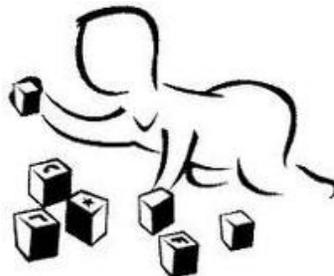


The **KidsFirst** program may be for you!

Program Information

The **KidsFirst** program:

- Provides outreach to families through home visiting
- Focuses on healthy child development and parent/child relationships
- Provides links for families to appropriate community supports and services
- Includes a children's playschool, parent's group, mental health and addictions team, Elders, and special event night



Home Visits



Your **home visitor** will:

- Bring information and activities to your home once a week
- Provide on-going assistance with early learning, child development, and growth. This includes older siblings
- Help you access services such as child-care, parenting classes, and support groups
- Provide guidance regarding literacy, nutrition, counselling services, and transportation
- Respect the wishes of you and your family, and build on your family's strengths
- Help you become the best parent you can be