



News Release

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Free Home Health Visit for Newborns and Families Provided by First 5 of San Diego County and South Bay Community Services

Chula Vista, CA - First-time parents in the South Bay region have a new resource that offers extra help after bringing home a new baby. Funded by First 5 of San Diego County and provided by South Bay Community Services, "Baby First" offers parents a free, confidential at-home nurse visit for newborns and support for the new families.

Baby First registered nurses administer newborn baby check ups and offer parents support on infant care and parenting. Nurses also help new mothers with breastfeeding concerns and evaluate a mother's physical health and screen for post partum depression. For families needing additional assistance, follow-up support services are provided and families can be linked to other free services for further assistance.

"Baby First nurses visit parents in the comfort of their homes to answer questions and help during what is a wonderful yet overwhelming new beginning with baby," South Bay Community Services Executive Director Kathryn Lembo said. "It's detailed, it's personalized, and it's a way to offer as much help and resources for mom, baby and family."

While newborns usually do have their first visit to their physicians after leaving the hospital, the home Baby First visit is an added bonus to that, Lembo explained. While a visit to the doctor can be a few minutes, a Baby First visit can last over an hour depending on the mom's questions and needs. And often, the whole family takes part - newborn, mom, dad and grandparents.

"It's a house call and the best part is that there is no cost to the families." Lembo said

For more information contact South Bay Community Services at 1-888-6-BABY-STEPS.

South Bay Community Services is a non-profit organization providing services, support and opportunities for over 20,000 individuals and families in the South Bay Area of San Diego County annually.

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"Baby First." is provided by South Bay Community Services and funded by First 5 of San Diego County. For a developmental screening in your area contact First 5 of San Diego County at (866) 726-8831 (*toll free*).

south bay community services

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