

FAMILY

COMMUNITY

CONNECTION



WEBSITE: www.claytoncountypublichealth.org PHONE: (678) 610-7199

Children 1st (C1st) Program

Children 1st is the entry point into all public health programs and services for children, birth – 5 years old. There is no cost to families to participate in the Children 1st program. It is open to all children, birth through five years old, across the State of Georgia.

Children 1st facilitates early identification of at-risk children and links them with early interventions services, other public health services and community-based resources.

The Ages and Stages Questionnaire is completed by parents, with the help of a Children 1st developmental specialist if needed, within 10 to 15 minutes. The responses to this questionnaire helps Children 1st developmental specialists determine what intervention program, or community resource, will best benefit the child.

For more information, contact the Clayton County Board of Health C1st Program at 678-610-7486



UPCOMING EVENTS

Stay tuned for upcoming information on the other Maternal Child Health Programs listed below:

Babies Can't Wait (BCW)

Children's Medical Services (CMS)

Early Hearing Detection and Intervention (EHDI)



April 11, 2019



Family Meals Small Investment Big Payoff

Gathering around the table to eat as a family has all kinds of benefits. Family meals allow parents to be role models who create an environment that promotes healthy eating. Children of families who regularly eat together also are more likely to have higher intakes of fruit & vegetables and have a healthy weight.

Try these tips to make family meals happen more often in your home:

- Keep It Simple: Gather recipes to help get you in& out of the kitchen in under 30 min
- Choose Multitask Ingredients: Ingredients used for more than one meal can be a major time saver
- Say "no" to takeout: Takeout oftentimes lacks the nutrition your family needs
- Make It A Habit: Each family member knows to be home for dinner at a certain time
- It's OK to ask for help: Ask kids to set the table or help make a salad. This teaches them that taking the time/effort to eat together is important.

Start your new family meal tradition by eating at least one meal together each week.



Parent to Parent of Georgia offers a variety of services to Georgia families impacted by disabilities or special healthcare

Parent to Parent of Georgia

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Atlanta, Georgia 30340

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Our Vision: To be the source of choice for support, information, education, and leadership development for Georgians with disabilities or special health care needs, ages birth to 26, and their families.

Our Mission: To support Georgia families & individuals, birth to 26 impacted by disabilities or special health care needs

Our Values: To bring about positive outcomes and choices for individuals with disabilities or special health care needs

Does P2P charge for services? No! All Parent to Parent of Georgia services are provided free of charge.

ANNOUNCEMENTS

April is **STD AWARENESS MONTH**, an annual observance to raise public awareness about the impact of **STDs** on the lives of Americans and the importance of preventing, testing for and treating **STDs**.



May is observed as **National Stroke Awareness Month**. A stroke (also known as cerebrovascular accident or CVA) is a serious, life-threatening condition that occurs when the blood supply to an area of the brain is cut off and the part of the body that the blood-deprived brain cells control stops working. Stroke is the **fifth leading** cause of death in the United States and is a major cause of adult disability.



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