



Royal Throne Health Services

May 2020

What is 1st Five?

- 1st Five is a public-private partnership bridging primary care and public health services in Iowa.
- The 1st Five model supports health providers in the earlier detection of social-emotional and developmental delays and family risk-related factors in children birth to 5 and coordinates referrals, interventions and follow-up.



Why 1st Five?

- The foundations of mental health are set in the first five years of life.
- During these years, children rapidly develop social and emotional capacities that prepare them to be self-confident, trusting, empathetic, intellectually inquisitive, competent in using language to communicate and capable of relating well to others.
- These emotional skills form the foundation of a child's "healthy mental development" to develop the ability to regulate and express emotions, form close personal relationships with other children and adults, and explore and learn from their environment.
- This social-emotional foundation also plays a key role in determining a child's school readiness.



Pregnant? Breastfeeding? Have a child under the age of 5?

You might qualify to receive WIC benefits!

To apply for WIC, call 1-800-642-6330. We offer monthly WIC clinics in Audubon, Calhoun, Carroll, Greene, Guthrie, and Sac Counties.

Benefits of WIC

- ♦ WIC provides you with Health services including nutrition education, breastfeeding promotion and support, eWIC cards to buy nutritious food, immunization screening and referrals, and health and social services referrals.
- ♦ WIC nurses and dietitians provide nutrition counseling and help you determine what foods are right for you and where you should shop.
- ♦ Food packages are available to fit the needs of all new and expectant moms who qualify.

WIC-Approved Foods

- ♦ Infants—If mom is not breastfeeding, iron-fortified formula is provided for the baby. When baby is old enough, baby foods and plain cereal are available.
- ♦ Breastfeeding moms— Moms who breastfeed qualify to receive milk, cheese, yogurt, juice, cereal, eggs, peanut butter/beans, tuna/salmon, whole wheat bread, fruits and vegetables.
- ♦ Children 1-5 years old — Children 1-5 are able to receive milk, cheese, yogurt, juice, cereal, eggs, peanut butter or beans, whole wheat bread, fruits and vegetables.

Opportunity to Give Back

This month consider hosting a diaper driver for your local family development center. Diapers & other baby items are essential items that can help our low-income families.

"The groundwork of all happiness is good health." - Leigh Hunt