

Supporting young children & families facing major adversity



What is Child First?

Child First is a program that helps:

- Families overwhelmed by the behavior & emotions of their young children.
- Parents of children with developmental or learning delays.
- Families affected by trauma and other stressors.
- Reduce stress and provide access to needed services in the community.






Program Overview:

- Designed for young children (0-5 years) and their families.
- For residents of Mecklenburg County and surrounding areas.
- Provides in-home visits once to twice a week, over a period of 6-12 months.
- Visits typically last 1-1.5 hours.
- Provided free of charge by your child's NC Medicaid health plan.
- Voluntary - you can stop services at any time.

Child First Team:

Your care team will partner with you, listening closely to understand your needs and goals. The team consists of:

- **Family Resource Partner:** partners with caregiver to plan and connect them with needed services.
- **Developmental Clinician:** works with families to build parent-child relationships and promote healthy families.

	HELPS	you to understand your child's feelings and help them manage their behaviors and emotions.
	EMPOWERS	you to create a stable and nurturing home.
	PROVIDES	you with services in your home.
	CONNECTS	you and your family to needed services to help reduce stress in your life.
	STRENGTHENS	the bond between you and your child to create healthy, lasting relationships.