Parenting

There’s no one right way to raise a child, and you don’t have to be perfect. These programs are here to help you learn effective ways to support your child’s healthy development and learning.

Parenting Activities

Participate in family-friendly workshops, classes, story times and other events to have fun with your child, learn more about child development, positive parenting, health and literacy, and meet other parents.

Parenting Education

Attend a series of group classes proven to increase your understanding of child development and improve your parenting skills.

Child Health and Development

All children develop differently, but it helps to know if they’re meeting typical milestones or could use extra assistance, and many medical and dental problems can be prevented.

Developmental and Sensory Screening

Have your child checked for vision, hearing or developmental concerns (including communication, social-emotional, problem-solving and motor skills) and, if needed, get a referral for further evaluation or support.

Dental/Oral Health

Prevent tooth decay by having a professional check your child’s teeth (or yours, if you’re pregnant), protect your child’s teeth with fluoride, and get a referral to a dentist if you need one.
Quality Child Care and Preschool

Quality early learning programs help young children learn, grow and thrive. More than 1,000 child care centers, homes and preschool programs in Arizona participate in Quality First to improve the quality of early learning for kids from birth to age 5. Many offer Quality First Scholarships to help low-income families afford quality early care and education.

Learn more and find programs near you at: QualityFirstAZ.com

Birth to Five Helpline

A free service available to all Arizona families with young children, (as well as parents-to-be), who have questions about their baby, toddler or preschooler. Ask experts about your child’s feeding, sleep, behavior or any other concern. The Birth to Five Helpline is here to help.

Southwest Human Development
1-877-705-KIDS (5437)
birthtofivehelpline.org

Gila Region
For more information contact:

Carolyn Haro
Regional Director
(928) 425-8172 | charo@firstthingsfirst.org

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