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.

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.

Nutrition and Physical Activity
Participate in a series of fun classes to be more informed about nutrition and wellness and help motivate your family to eat healthy and be physically active.

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.
San Carlos Apache Region
For more information contact:

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Regional Director
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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

Space may be limited and eligibility requirements may apply. While this listing only includes programs funded by First Things First, many of them can connect you with additional services that might be right for you.

In accordance with the Americans with Disabilities Act, First Things First (FTF) will not discriminate on the basis of disability in its services, programs or activities. Qualified individuals with disabilities may request auxiliary aids and services to make information and communications accessible as well as request reasonable modifications to policies and programs so that they can participate equally in FTF’s services, programs and activities. For assistance, contact FTF at (602) 771-5057. This document was last modified on 08/24/2022.