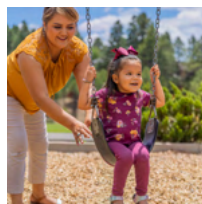


# Lake Havasu City Area Resource Guide

FOR FAMILIES WITH CHILDREN BIRTH TO AGE 5



2025-2026

## About First Things First

Approved by Arizona voters, First Things First (FTF) works to ensure that your youngest children have access to quality early childhood experiences so they will start school healthy and ready to succeed. Across the state, FTF Regional Partnerships Councils — in collaboration with local leaders — identify the education and health needs of children birth through age 5 in their communities and fund strategies to address those needs.

**Phone:** 928-854-8732

**Address:** 1940 Mesquite Avenue Suite E  
Lake Havasu City, AZ 86403

**Website:** [www.FirstThingsFirst.org](http://www.FirstThingsFirst.org)  
[FirstThingsFirst.org/Regions/La-Paz-Mohave/](http://FirstThingsFirst.org/Regions/La-Paz-Mohave/)



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# CHILDREN AND FAMILY SERVICES

## Assistance Programs

### Arizona Department of Economic Security (AZDES)

2031 Spawr Cir.  
Lake Havasu City, AZ 86403  
855-432-7587  
<https://des.az.gov/>  
[www.healthearizonaplus.gov](http://www.healthearizonaplus.gov)

**Basic Needs:** Adult Protections Services, Food Assistance, Medical Assistance, Refugee Resettlement, Shelter and Housing

**Child and Family:** Cash Assistance, Child Care, Child Support Services, Community Resources

**Disabilities:** Developmental Disabilities, Early Intervention, Achieving a better life experience

**Older Adults:** Home and Community Based Services, Healthy Living, Medicare Assistance, Legal Services Assistance, Family Caregiver Support, Long-Term Care Ombudsman, Aging Publications, World Elder Abuse Awareness Day Conference

**Employment:** Job Seekers, Reentry Services, Employer Resources, Apprenticeship, Unemployment-Employer, Senior Community Service Program, Veterans, Workforce Innovation and Opportunity Act, Eligible Training Provider List

### APS Crisis Bill Assistance Program WACOG

928-753-6247

Provides utility assistance. They offer other services ranging from weatherization of homes to cut energy cost to rental assistance on a case by case basis.

### CASA Council Helping Children of Mohave County/La Paz County

Beverly Siemens  
Board President  
530-632-5567  
[casasupport.org](http://casasupport.org)

CASA Council is a 501(c)(3) non-profit organization, which is a foundation that raises money to benefit the unmet needs of children in out-of-home care (foster care, relative placements, and In-Home Services).

# CHILDREN AND FAMILY SERVICES

## Assistance Programs

### **Clothes Closet**

1968 Mesquite Ave.  
LHC, AZ 86403  
928-230-3113  
clothescloset@frontier.com

The Clothes Closet helps anyone in need of clothing, food, or other necessities without charge. They help find community resources in a judgment free atmosphere.

### **Faith and Grace, Inc.**

24 hour Hotline 928-302-1358  
Safe housing for women and children of domestic violence.

### **HAVEN Family Resource Center**

2174 McCulloch Blvd. N  
LHC, AZ 86403  
928-505-3153

Administers services for victims of abuse and sexual assault.  
Provides a crisis hotline for families in crisis and for victims of child abuse, domestic violence, and sexual assault.

### **Community Legal Services**

2701 E. Andy Devine, Suite 400  
Kingman, AZ 86401  
928-681-1177  
1-800-255-9031  
TTY: Arizona Relay: 711  
FAX: 928-681-5998  
Email: infomoco@clsaz.org

\* Applications for services in Mohave and La Paz Counties are completed via the Kingman office.

Community Legal Services (CLS) is dedicated to providing legal assistance, advice or representation, self-help materials and legal education so people can know their rights. We focus on helping survivors of domestic violence; assisting victims of consumer fraud and abuse, protecting tenants from unlawful/unfair practices by landlords, foreclosures, legal problems affecting agricultural workers, wage claims and other employment matters, and federal and state programs affecting peoples' health and economic stability.

# CHILDREN AND FAMILY SERVICES

## Assistance Programs

### River Cities United Way

145 N. Lake Havasu Ave.  
LHC, AZ 86403  
Main: 928-855-6333  
Helping Businesses and individuals with rent, utilities, and various needs.

### Salvation Army-Lake Havasu

2049 Swanson Ave  
LHC, AZ 86403  
928-680-3678  
Provides rent payment assistance, electric and water utility bill payment assistance, food boxes, sack lunches and personal hygiene items.

### Social Security Office

1502 Bailey Ave.  
Needles, CA. 92363  
800-772-1213  
Obtain social security cards, name change, social security benefits.

## Birth to Five Resources:

### *Breastfeeding Resources*

### Arizona 24/7 Breastfeeding Hotline

1-800-307-4231

### La Leche League

1-877-452-5324  
<https://llusa.org/>

### Pregnancy and Breastfeeding Hotline

1-800-833-4642

# CHILDREN AND FAMILY SERVICES

## Birth to Five Resources:

### *Child Care Resources*

#### **Child Care Resource & Referral Child and Family Resources, Inc.**

1-800-308-9000

[www.azccrr.com](http://www.azccrr.com)

M-F 8:00 AM - 6:00 PM,

Sat 8:00 AM - 12:00 PM

Child Care Information Line:

1-800-308-9000

Child Care Resource & Referral, CCR&R, is a statewide program of Child & Family Resources, Inc. Funding is provided by the Arizona Department of Economic Security's Child Care Administration through federal Child Care Development Block Grant funds. Staff provides referrals to families including but not limited to: child care, financial assistance, housing/utility assistance. Staff also provides consumer education on the different types of childcare options in the state & how to make the best option for your child and family.

## Birth to Five Resources:

### *Home Visitation*

#### **Health Start Program Mohave County Department of Public Health**

2001 College Drive

Lake Havasu City, AZ 86403

JoBeth Giovanardi

[GiovaJ@mohave.gov](mailto:GiovaJ@mohave.gov)

928-753-0714 ext. 4323

Serves families in Parker Community home visiting program that collaborates with pregnant women and their families. The goal of Health Start is to give your child and family the best chance of success with a strong support system through education, development, and referrals to community resources.

#### **Healthy Families Program Child and Family Resources, Inc.**

2005 Injo Drive #103

Lake Havasu City, AZ 86403

Jo Harper

[jharper@cfraz.org](mailto:jharper@cfraz.org)

928-753-4410

Free Home visitation program. Families can enroll while pre-natal or before the baby turns 3 months old. The program also includes a car seat safety program, assistance with diapers and community based referrals as needed.

# CHILDREN AND FAMILY SERVICES

## Birth to Five Resources:

### *Home Visitation*

#### **High Risk Perinatal Program Mohave County Department of Public Health**

2001 College Drive  
LHC, AZ 8640  
JoBeth Giovanardi  
GiovaJ@mohave.gov  
928-753-0714 ext. 4323

Provides free in-home community health nursing services to assist eligible families and their newborns during the transition from the Newborn Intensive Care Unit (NICU) to their home and community. The CHN provides support to the family by providing education and connections to community resources.

Eligibility: Infants who have spent five or more days in the NICU.

## Birth to Five Resources:

### *Other*

#### **Birth to Five Helpline**

1-877-705-KIDS (5437)

The Birth to Five Helpline is a free service available to all Arizona families with young children, as well as parents-to-be, with questions about their infants, toddlers and preschoolers.

(see page 27 for more information)

#### **Family Support Coordination Parenting Arizona**

602-684-1192

Chicanos Por La Causa/Parenting Arizona's Family Support Coordination program supports families with children age birth to 5. Our goal is to assist them in understanding, accessing, and navigating services that promote family well-being by engaging families and connecting them with community resources. Family Support Coordinators provide guidance, advocacy, and coordination throughout the process. Our aim is to refer families to timely and essential services, fostering family well-being and self-sufficiency.

# CHILDREN AND FAMILY SERVICES

## Birth to Five Resources:

### *Other*

#### **First Things First**

1940 Mesquite Ave Suite E  
Lake Havasu City, AZ 86403  
928-854-8732  
[www.FirstThingsFirst.org](http://www.FirstThingsFirst.org)

Local region covers Mohave and La Paz County

First Things First is Arizona's early childhood agency, with programs and resources to support great childhoods. By focusing on the first five years, we are making a difference in the lives of young children, their families and our communities. Quality early learning and child care are essential for stronger, healthier families and for the economic future of Arizona.

#### **Lantern**

*(Formerly Bright By Text)*

Text "ARIZONAPBS" to 274448  
[www.azpbs.org/kidstext](http://www.azpbs.org/kidstext)

Bright by Text is a free program for parents and caregivers that sends tips and resources promoting child development, targeted to a child's age from prenatal to 11 years old, right to their cell phone.

#### **Pregnancy Care, Inc**

500 N. Lake Havasu Ave Suite B104  
LHC, AZ 86403  
928-855-2273

Administers programs for pregnant women in La Paz and Mohave County.

## Child Care Centers

#### **Family Tree Daycare**

3415 Oro Grande Blvd.  
LHC, AZ  
928-505-8719  
Serving 3 months through age 5.

#### **Guiding Light Christian Educational Center**

220 Mescal Ln  
LHC, AZ 86403  
928-855-1022  
Serving ages 1 through 1st grade.  
Accepts DES subsidy

# CHILDREN AND FAMILY SERVICES

## Child Care Centers

### Hilltop Learning Center

3180 McCulloch Blvd N  
LHC, AZ 86403  
928-855-3085

Serving ages 2 ½ through 5 years.  
Accepts DES subsidy

### Little People's Day Care, Inc

2419 Smoketree Ave N #102  
LHC, AZ 86403  
928-453-6348

Serving ages 2-5 years. Accepts DES  
subsidy

### New Day School

2200 Sotol Lane  
LHC, AZ 86403  
3438 Oro Grande Blvd.  
LHC, AZ 86406  
928-680-1002

2915 Havasupai Blvd.  
LHC 86404  
928-855-2227

Serving ages 1 through 5 years.  
Accepts DES subsidy

### Playtime Childcare

2625 Cliffwood Plz  
LHC, AZ 86403  
928-505-6251

Serving ages 1 through 12 years.  
Licensed in-home, group home  
childcare. Available evenings and  
weekends. Accepts DES subsidy.

## Disabilities & Special Needs Resources

### Arizona Center for Disability Law, Inc

<https://www.azdisabilitylaw.org>

### Arizona Early Intervention Program (AZEIP)

A statewide system of services and supports for families of infants and toddlers, birth to three years of age, with delays or disabilities. AZEIP provides eligible children and their families access to services to support the child's development through in-home individualized parent education and support. AZEIP has service-providing agencies located in your area.

For more information or to make a referral, visit the website - [bit.ly/3S6GK4l](https://bit.ly/3S6GK4l) or make a referral by calling 888-592-0140

For questions or to check the status of the referral call 602-532-9960

# CHILDREN AND FAMILY SERVICES

## Disabilities & Special Needs Resources

### Encircle Families

*(Formerly Raising Special Kids)*

5025 E. Washington St. Ste. 204

Phoenix, AZ 85034

602-242-4366

[www.raisingpecialkids.org](http://www.raisingpecialkids.org)

Raising Special Kids exists to improve the lives of children with the full range of disabilities, from birth to age 26, by providing support, training, information and individual assistance so families can become effective advocates for their children.

### Essential Therapy Solutions

500 Lake Havasu N, Ste C-100

Lake Havasu City, AZ 86403

480-677-3349

<https://www.etherapyaz.com>

Essential Therapy Solutions offers various services and programs in both home and clinic settings. Essential Therapy Solutions contracts with AzEIP to help children birth to 3 years of age and with the Division of Developmental Disabilities (DDD) for children and some adults 3+ years. We also accept families with insurance as well as cash pay. The services we provide are Speech Therapy, Occupational Therapy, Physical Therapy, Feeding Therapy, Service Coordination, Developmental Instruction and Telehealth.

### Milemarkers

5601 Hwy 95 C-308

LHC, AZ 86404

928-854-5439

Milemarkers provides music, occupational, physical and speech therapy services, after school program, adult day program, employment opportunities for individuals with disabilities, transition to employment curriculum, individual habilitation support, and supervised visit, Connections Program and Nurturing Parent program.

### Playful Beginnings

909-583-4040

Psychological testing for autism as well as in home ABA (social/behavior) intervention for children in Lake Havasu between the ages of 2-12 years. Accepting United Health Care, Blue Cross Blue Shield AZ, Anthem Blue Cross, and HealthChoice.

### RISE Services

1979 McCulloch Blvd.

Suite 101 and 103

LHC, AZ 86403

928-316-6520

Provides support services for seniors, children and adults with developmental and physical disabilities.

# CHILDREN AND FAMILY SERVICES

## Early Intervention Information

### What is Early Intervention?

Early Intervention is specialized support for infants and toddlers (birth to age 3) who have or may be at risk for developmental delays. It includes services like speech therapy, physical therapy and developmental support to help children reach important milestones.

### Why is Early Intervention Important?

Early support can improve a child's growth, learning and future success. It helps children become more independent, improves school readiness and may reduce long-term therapy costs.

### What Can I Do if I Have Concerns?

**Talk to your child's pediatrician** – Don't wait! Early action makes a difference.

**Check developmental milestones** – Use the CDC Milestone Tracker App (free on iOS & Android) or search CDC Milestone Checklist online.

**Request a developmental screening** – Ask your doctor or complete a free Ages & Stages Questionnaire (ASQ)  
<https://www.firstthingsfirst.org/resources/ages-and-stages/>

**Get an evaluation** – See more info below.

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### How do I get my child evaluated?

#### **If your child is Birth to Age 3:**

Contact the Arizona Early Intervention Program where you can refer your child for evaluation. Scan the QR Code for more information.



#### **If your child is age 3 to 21:**

Contact your local school district to learn about Child Find events or request an evaluation. With parent permission, a home visitor, child care provider, teacher or healthcare provider can also refer the child for evaluation. Scan the QR Code for more information.



# # FIRST THINGS FIRST Ages & Stages

Available in  
English and  
Spanish



From the day your child is born, understanding how they play, learn, speak, act and move offers important clues about your child's development. While all children develop differently, it helps to know if your child is meeting typical milestones at different ages and stages and how you can support their healthy development. Understand what's happening at different stages of your child's life and how you can help them learn and grow.

**VISIT** [FirstThingsFirst.org/AgesAndStages](https://FirstThingsFirst.org/AgesAndStages)

# CHILDREN AND FAMILY SERVICES

## Education

### **Havasu Preparatory Academy Preschool**

3155 Maricopa Ave  
LHC, AZ 86406  
928-854-4011

Our preschool program introduces children to the concept of school in a playful and nurturing environment.

Preschool is a paid tuition program.

### **Lake Havasu Unified School District**

2200 Havasupai Blvd.  
LHC, AZ 86403  
928-505-6900

Provides academic instruction for students in pre-K through grade 12.

### **Little Knights Preschool**

2675 Palo Verde Blvd. S  
LHC, AZ 86403  
928-854-5347

Serving ages 3-5 years.

### **Nautilus Preschool**

1425 Patricial Drive  
LHC, AZ 86404  
928-505-6060

Provides a high-quality education that meets the unique needs and development of the whole child. We strive to provide a safe learning space where every child feels valued, respected, and loved.

### **Oro Grande Classical Academy Preschool**

1250 Pawnee Dr.  
LHC, AZ 86406  
928-505-6080

Our goal is to incorporate virtues and values, good manners, and develop a social and educational foundation in an effort to become kindergarten ready. Serving 4 year olds.

### **Our Lady of the Lake Catholic Preschool**

1975 Daytona Drive  
LHC, AZ 86403  
928-855-0154

Preschool accepts students from 3 to 5 years old. All students must be 3 years of age before September 1, 2025 and must be potty trained.

# CHILDREN AND FAMILY SERVICES

## Education

### **Paw Prints Preschool Telesis Preparatory Academy**

2598 Starlite Lane  
LHC, AZ 86403  
928-855-8661 ext. 122  
Serving ages 3-5 years.

### **Smoketree Developmental Preschool**

2395 Smoketree Ave  
LHC, AZ 86403  
928-505-6033  
Developmental preschool program  
for children with special needs, ages  
3-5, who qualify for services based  
on state and federal guidelines.  
Accepts DES subsidy.

### **WACOG Head Start - Havasupai**

880 Cashmere Dr.  
LHC, AZ 86404  
928-505-4046  
Center based early childhood  
development program. Eligibility  
Requirements: Income guidelines  
and age (3 & 4 years old by  
August 31). Priority to children  
with disabilities, homeless, foster  
children, lowest income.

### **WACOG Head Start - Lake Havasu City**

2385 Pima Dr. N.  
LHC, AZ 86403  
928-680-6212  
Center based early childhood  
development program. Eligibility  
Requirements: Income guidelines  
and age (3 & 4 years old by  
August 31). Priority to children  
with disabilities, homeless, foster  
children, lowest income.

# CHILDREN AND FAMILY SERVICES

## Emergency/Non-Emergency

### **Arizona Department of Child Safety**

1755 McCulloch Blvd. N. Ste 101  
928-854-0315  
Child Abuse Hotline  
1-888-767-2445

### **AZ Statewide Crisis Line**

1-844-534-4673 or 1-844-534-HOPE

### **Lake Havasu City Fire Department**

928-855-1141  
Emergency services.

### **Lake Havasu City Police Department**

2360 McCulloch Blvd. N  
LHC, AZ 86403  
Emergency: 911  
Non-emergency: 928-855-1171  
Provides emergency response law enforcement and crime prevention services for the city.

### **Mohave County Sheriff's Department**

3500 AZ-95  
LHC, AZ 86404  
928-453-0745

The Sheriff's office duty is to serve the Civil Processes and legal documents originating from Arizona Superior Courts, Justice Courts; attorneys, private individuals and out of state entities needing service in Mohave County. Seventy-five members of the Sheriff's office assist the Sheriff by carrying out search and rescue missions and other duties.

# CHILDREN AND FAMILY SERVICES

## Health Services

### Community Health Outreach Workers

#### River Cities United Way

145 N. Lake Havasu Ave.

LHC, AZ 86403

Main: 928-855-6333

Community Health Outreach Workers will work closely with medical providers, primary care teams, and other agencies to improve patient care and outcomes.

### Mohave County Health Department

2001 College Drive

LHC, AZ 86403

928-453-0703

Mohave.gov

Family Planning Clinics, Environmental Health Programs, Mental Health Services, Nutrition Programs, Vaccination Programs, Woman, Infant and Children Program (WIC), Women's Health Programs.

Birth & Death Certificates, Vital Records, Flu & Pneumonia Shots, HIV & STD testing, Laboratory Services.

## Health Services:

### Dental

### Cosmic Kids Dentistry

80 Acoma Blvd. S,

LHC, AZ 86403

928-855-7717

Pediatric dental provider.

### Kids Little Smiles

5601 Hwy. 95 Ste A116

LHC, AZ 86406

928-505-5437

Pediatric dental provider.

# CHILDREN AND FAMILY SERVICES

## Health Services

### *Mental Health*

#### **Mohave Mental Health-Children's Clinic**

151 Riviera Dr. Suite B  
LHC, AZ 86403  
928-855-3432  
[www.mmhc-inc.org](http://www.mmhc-inc.org)

Outpatient clinics offer a full array of behavioral health services to both children and adults. Services may include assessment, psychiatric interventions, therapy and counseling (provided in individual, family, and groups), medication, residential or inpatient programs, case management, vocational services, and living skills training. Other supportive services, such as peer support services, health promotion, and family support services are also offered, geared towards helping individuals and families develop additional self-awareness and specialized recovery skills to improve independent functioning and quality of life. All services are provided by qualified behavioral health staff and are driven by a service plan developed by the client and the client's child and family team or adult recovery team.

#### **M.I.K.I.D.**

928-704-9111  
[www.mikid.org/](http://www.mikid.org/)  
Services Lake Havasu

Provides support, education, and skill development to families and their children, youth, and young adults who are experiencing mental health and behavior changes.

Eligibility: AHCCCS, Mercy Care, Care First or other State insurance.

#### **Postpartum Support International Helpline**

Call/Text in English:  
1-800-944-4773  
Text en Español: 971-203-7773  
<https://postpartum.net/>  
The Helpline will provide you with support and resources. You will be asked to leave a confidential message and a trained and caring volunteer will return your call or text.

In an emergency or crisis situation, call or text 988.

In a non-emergency situation, call or text the Helpline at 800-944-4773. You never need a diagnosis to ask for help.

Call or text the National #MaternalMentalHealth Hotline at 1-833-TLC-MAMA (1-833-852-6262)

# CHILDREN AND FAMILY SERVICES

## Health Services:

### *Mental Health*

#### **Southwest Behavioral Health Outpatient Clinic**

1845 McCulloch Blvd. Suite B-1  
LHC, AZ 86403  
928-453-2661  
www.sbhservices.org

Services provided: Individual, Group and Family Counseling, Medication Services, Psychiatric Care, Skills Training, Case Management, Vocational Services, DUI Education, and DV Education.

## Health Services:

### *Pediatricians*

#### **Havasu Medical Group- Primary Care and Diabetes**

1851 Mesquite Ave Ste #202  
LHC, AZ 86403  
928-854-0094  
Pediatric services.

#### **Havasu Rainbow Pediatrics**

1980 Mesquite Ave., #101  
LHC, AZ 86403  
Medical group practice located in LHC that specializes in Pediatrics.

## Health Services

### *FQHC*

*(Federally Qualified Health Centers are outpatient clinics that serve rural areas)*

#### **Havasu Pediatric and Family Center - Regional Center for Border Health**

1940 Mesquite Ave. Ste A  
LHC, AZ 86403  
928-459-3512  
Provides primary health care and integrated behavioral health services.

#### **North Country Healthcare**

2090 N. Smoketree Ave  
LHC, AZ 86403  
928-854-1800  
Provides family practice clinic, well-woman exams, well-baby checkups, immunizations and referrals to necessary specialists.  
Offer pediatric care.

# CHILDREN AND FAMILY SERVICES

## Nutrition and Food Resources

### Christ Chapel Food Pantry

3450 Chemehuevi Blvd.  
LHC, AZ 86403  
928-855-7230  
Open Monday-Friday  
8:00 a.m. to 12:00 p.m.  
Please call before coming in as food availability varies.

### HCHF Community Food Bank

1980 N Kiowa Blvd  
LHC, AZ 86403  
928-264-1177  
Open M, T, TH, F from 10am-1pm

### Restoration Hope Church Food Pantry

3430 McCulloch Blvd. N.  
LHC, AZ 86403  
928-302-3264  
Open Saturdays 9:00-12:00

### St. Vincent De Paul Food Distribution Center

1851 Commander Dr.  
LHC, AZ 86403  
928-680-2874  
Food Distribution 9:30-2:00  
Wednesday-Friday

### WIC Program

#### Mohave County Department of Public Health

2001 College Drive  
LHC, AZ 86403  
928-453-0716

Supplemental healthy foods, nutrition education, referrals to other health services Prenatal-5 years of age qualify.

## Recreation

### Mohave County Library - Lake Havasu City

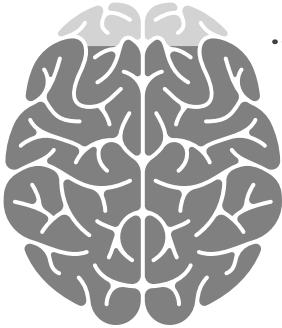
1770 N. McCulloch Blvd.  
LHC, AZ 86403  
928-453-0718  
<https://www.mohavecountylibrary.us/lake-havasu-city>  
Library loans books, e-books, audio books, videotapes, CDs and DVDs. Programs for all ages including Baby jamboree (ages 0-2) and Sunshine Hour (ages 2-5).

### Sunshine Indoor Play

5601 Hwy 95 Unit H814  
LHC, AZ 86404  
928-466-6750  
[kate@sunshineindoorplay.com](mailto:kate@sunshineindoorplay.com)  
[www.sunshineindoorplay.com](http://www.sunshineindoorplay.com)  
Sunshine Indoor Play is more than just an indoor playground. We are a Mom-munity that is by your side through every step of your parenting journey. We offer lactation support, birth classes, car seat help, babywearing fit checks, postpartum support groups, and more. We also host mommy and me classes and events.

# Why Early Childhood Matters

From birth to age 5, a child's brain grows more than at any other time in life. And early brain development has a lasting impact on a child's ability to learn and succeed in school and life. The quality of a child's experiences in the first few years of life – positive or negative – helps shape how their brain develops.



## 90%

**of Brain Growth Happens  
Before Kindergarten**

At birth, the average baby's brain is about a quarter of the size of the average adult brain. Incredibly, it doubles in size in the first year. It keeps growing to about 80% of adult size by age 3 and 90% – nearly full grown – by age 5.

The brain is the command center of the human body. A newborn baby has all of the brain cells (neurons) they'll have for the rest of their life, but it's the connections between these cells that really make the brain work. Brain connections enable us to move, think, communicate and do just about everything. The early childhood years are crucial for making these connections. At least one million new neural connections (synapses) are made every second, more than at any other time in life.

The early years are the best opportunity for a child's brain to develop the connections they need to be healthy, capable, successful adults. The connections needed for many important, higher-level abilities like motivation, self-regulation, problem solving and communication are formed in these early years – or not formed. It's much harder for these essential brain connections to be formed later in life.

## NOTES

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## NOTES

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*"Nothing Out of the Question"*  
*"Toda Pregunta es Buena"*

**1-877-705-KIDS (5437)**

**Call the Helpline to speak with an early childhood specialist, on duty Mon-Fri. 8:00 a.m. to 8:00 p.m.**

The Birth to Five Helpline is a free service available to all Arizona families with young children, as well as parents-to-be, with questions about their infants, toddlers and preschoolers.

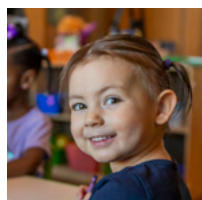
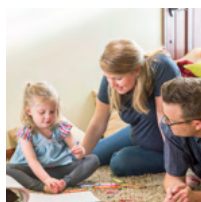
**Topics addressed include but not limited to:**

- Sleep
- Health and Nutrition
- Safety
- Challenging Behaviors
- Feeding and Eating
- General Child Development
- Potty Training/Learning
- Fussiness/Colic
- Parenting

An extension of the Birth to Five Helpline is the Fussy Baby program. This program provides telephone, home visiting and virtual video consultation and support to help families navigate challenges associated with hard-to- soothe infants, excessive crying, sleeping problems and feeding difficulties during their child's first year of life.

**Download the Birth to Five Helpline app!**





## FIRST THINGS FIRST