

Bullhead City Area Resource Guide

Servicing: Fort Mohave, Mohave Valley, Oatman and Topock

FOR FAMILIES WITH CHILDREN BIRTH TO AGE 5



2025-2026

FIRST THINGS FIRST

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
FirstThingsFirst.org/Regions/La-Paz-Mohave/



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CHILDREN AND FAMILY SERVICES

Assistance Programs

Arizona Department of Economic Security (AZDES)

2601 Hwy 95
Bullhead City, AZ 86442
928-704-7776
<https://des.az.gov/>

Basic Needs: Adult Protections Services, Food Assistance, Medical Assistance (www.healthearizonaplus.gov), 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

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

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

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

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

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.

River Cities United Way

Main: 928-855-6333
Alt.: 928-683-4270
Helping Businesses and individuals with rent utilities, and various needs.

Social Security Office

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

CHILDREN AND FAMILY SERVICES

Assistance Programs

The River Fund- Bullhead City Office

1343 Hancock Road
Bullhead City, AZ 86442
928-704-0039

Monday - Friday: 9:00 AM to 1:00 PM

Services include, but are not limited to:

- Utility bills/deposits;
- Appliance repair/replacement;
- Disaster relief (partial or complete destruction of dwelling);
- Transportation/vehicle repairs;
- Rent and Mortgage payments;
- Medical bills (office visit co-pays, prescriptions, COBRA payments, transportation, medical equipment, and other medical-related issues or needs;
- Temporary housing;
- An unexpected loss of living expenses;
- Legal document replacement; and
- Other major hardships on a case-by-case basis.

WestCare Safe House

928-201-5136

WestCare Safe House is a domestic violence service near Bullhead City, AZ providing help for people dealing with domestic abuse.

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

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

1222 Hancock Road

Bullhead City, AZ 86442

JoBeth Giovanardi

GiovaJ@mohave.gov

928-753-0714 ext. 4323

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.

1355 Ramar Rd Ste 10

Bullhead City, AZ 86442

928-753-4410

Jo Harper

jharper@cfraz.org

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

1222 Hancock Road
Bullhead City, AZ 86442
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)

Bullhead City Lion's Club

928-514-5062

Janis Young

Bullhead City Lions Club serves the areas of Bullhead City, Fort Mohave, Mohave Valley, Topock, AZ; Laughlin, NV, Needles, CA with eye exams and glasses. The club also provides vision screening for children 2 yrs to 14 years of age in all the public, private & charter schools. We often will vision screen at local health fairs to address any need for homeschooled children.

Lantern

(Formerly Bright By Text)

Text "ARIZONAPBS" to 274448

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.

CHILDREN AND FAMILY SERVICES

Birth to Five Resources:

Other

Family Support Coordination Parenting Arizona

Hanany Topete
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.

First Things First

1940 Mesquite Ave Suite E
Lake Havasu City, AZ 86403
928-854-8732
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.

Child Care Centers

Bullhead City School District (BCSD) #15 - Early Learning Center

1820 Lakeside Dr.
Bullhead City, AZ 86442
928-758-4909

Child care center serving children birth to the age of five. Accepts DES subsidy.

Discovery Learning Center and Child Care

1895 Lakeside Dr.
Bullhead City, AZ 86442
928-763-3290

Child Care Center accepting children 1 to 12. Accepts DES subsidy.

CHILDREN AND FAMILY SERVICES

Child Care Centers

Little Scooters Preschool

2750 Miracle Mile Blvd.

Bullhead City, AZ 86442

928-758-2282

Open 6am.-6pm.

Provides preschool services to families with children ages Birth-12 years old. Accepts DES subsidy.

Little Treasures

1373 Baseline Rd,

Bullhead City, AZ 86442

928-758-3151

Newborn through 12. Accepts DES

New Day School

1837 Joy Ln.

Fort Mohave, AZ 86426

928-768-6465

Open 6am.-6pm. Closed Sat. & Sun.

Providing preschool services to families with children ages 2-5 years old. Accepts DES subsidy.

New Day School Bullhead

1380 Riverview Dr

Bullhead City, AZ 86442

928-763-1115

Child Care center taking children 1 to 12 years of age. Accepts DES subsidy.

Stepping Stones Preschool

863 Airpark Dr.

Bullhead City, AZ 86429

928-754-2221

Ages 0-12 Years

Open 5 a.m.-12a.m. Full time / Drop In

Site offers daycare, early learning and extended childcare services for children. Individual learning styles and growth paces are supported to ensure proper stimulation for development. Theme-based curriculum includes arts & crafts, dramatic play, games, sensory exploration and outdoor time. Learning centers encourage hands-on experimentation. Accepts DES subsidy.

Tiny T Birds @Mohave High School

2251 HW-95

Bullhead City, AZ 86442

928-758-3916

Serving families with children ages 1 to 5 years old. Accepts DES subsidy.

CHILDREN AND FAMILY SERVICES

Disabilities & Special Needs Resources

Arizona Center for Disability Law, Inc

<https://www.azdisabilitylaw.org>

Arizona Early Intervention Program (AZEIP)

Root For Kids

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/3S6GK4I or make a referral by calling 888-592-0140

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

Encircle Families

(Formerly Raising Special Kids)

5025 E. Washington St. Ste. 204
Phoenix, AZ 85034
www.raisingpecialkids.org
602-242-4366

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

2020 Silver Creek Dr, Ste. D102
Bullhead City, AZ 86442
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.

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.

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

CHILDREN AND FAMILY SERVICES

Education

Bullhead City School District #15

1004 Hancock Rd. STE 101
Bullhead City, AZ 86442
928-758-3691

Bullhead City School District is home to three elementary schools, one middle school, one junior high, and a dedicated preschool-and-alternative-education program. We serve approximately 2500 students, from preschool through eighth grade, and offer programs designed specifically for students with gifted or special needs. Please take some time to browse these pages to learn more about our incredible schools and programs. Serves preschool-8th Grade.

Desert Star Academy

5599 HWY 95
Bullhead City, AZ 86426
928-788-3987

Providing preschool services for families with children 3-12 years old. Open at 8am.-5pm.

Diamondback Elementary/Preschool

2550 Tesota Way
Bullhead City, AZ 86442
928-758-6858

Preschool taking 4 year olds. Program is at no cost to families that qualify for a Title 1 Grant.

Coyote Canyon Early Childhood Special Education

1820 Lakeside Dr.
Bullhead City AZ 86442
928-758-8858

Early Childhood Special Education is a state and federally mandated program for children aged 3-5 who meet state eligibility criteria because they are experiencing developmental delays. School districts and other public agencies are responsible for locating, identifying, and evaluating eligible children and for offering a free appropriate public education (FAPE). Eligible children are entitled to a FAPE at no cost to the family with programming designed to help children meet challenging objectives alongside their typically developing peers. When a delay is suspected, or children are not meeting milestones, local school districts offer Child Find services, providing screening, and if needed, evaluation services to determine eligibility.

Accepts DES subsidy.

Fort Mojave Elementary

1760 Joy Ln
Fort Mohave, AZ 86426
928-769-3986

Preschool serving ages 3 to 5 years.

CHILDREN AND FAMILY SERVICES

Education

Mohave Accelerated Learning Center/Preschool

625 Marina Blvd
Bullhead City, AZ 86442
928-704-9345

The school serves children kindergarten through age 12 with a rigorous and accelerated academic program designed to prepare them for college and career success, the school proudly features an on-campus preschool for 4- and 5-year-olds.

Mohave Valley School District

8450 S. Olive Ave.
Mohave Valley, AZ 86440
928-768-2507
info@mvdistrict.net

Comprised of Fort Mojave Elementary (serving students in grades PK-2), Camp Mohave Elementary (serving students in grades 3-5), and Mohave Valley Junior High (serving students in grades 6-8), the Mohave Valley School District serves about 1,200 students. Students have access to a wide variety of services and activities, including special education services, after-school extra-curricular and intramural sports programs, and access to updated technology in every classroom on all three campuses.

Sunrise Elementary/Preschool

2645 Landon Dr.
Bullhead City, AZ 86429
928-219-3004

Preschool serving ages 3 to 5 years.

Topock Elementary School District/Preschool

5083 Tule Dr.
Topock, AZ 86436
928-768-3344

Serving Families Pre-k through 6th grade. Preschool accepts children ages 3 to 5 years old.

CHILDREN AND FAMILY SERVICES

Education

WACOG Head Start Bullhead City

1055 Marina Blvd.
Bullhead City, AZ 86442
928-758-3334

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 Mohave Valley

1425 E. Willow Dr.
Mohave Valley, AZ 86440
928-768-1090

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.

Young Scholars Academy

1501 Valencia Rd.
Bullhead City, AZ 86426
928-704-1100

Open 8a.m.-4p.m.

Provides services to families with children 3-12 years old.

Emergency/Non-Emergency

Arizona Department of Child Safety

2440 Adobe Rd. Ste. 110
Bullhead City, AZ 86442
928-704-5880

Child Abuse Hotline
1-888-767-2445

AZ Statewide Crisis Line

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

Bullhead City Fire Department Administration Office Station #1

1260 Hancock Rd.
Bullhead City, AZ 86442
928-758-3971
Non-emergency Dispatch
928-763-1999

Emergency Services.

Car seat classes. Call for more information.

Bullhead City Police Department

1255 Marina Blvd.
Bullhead City, AZ 86442
928-763-9200
Non-Emergency Dispatch
928-763-1999
Non-emergency Dispatch
Emergency Services.

CHILDREN AND FAMILY SERVICES

Emergency/Non-Emergency

Golden Shores Fire Department

12950 Oatman-Topock Hwy,
Topock, AZ 86436
928-768-4546
Emergency services.

Mohave County Sheriff's Office

9880 Vanderslice Rd.
Mohave Valley, AZ 86440
928-768-7055

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.

Health Services

Community Health Outreach Workers

River Cities United Way

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

1222 Hancock Road
Bullhead City, AZ 86442
928-758-0722

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

Just 4 Kids Dentistry

2580 AZ-95 #101
Bullhead City, AZ 86442
928-758-9464

Pediatric dental provider.

Wild West Kids Dental

2401 Miracle Mile
Bullhead City, AZ 86442
928-704-5573

Pediatric dental provider.

CHILDREN AND FAMILY SERVICES

Health Services:

Mental Health

Mohave Mental Health Children's Clinic

2580 HWY 95 Suite 209
Bullhead City, AZ 86442
928-757-8111
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. - Bullhead

810 Gemstone Ave.
Bullhead City, AZ 86442
928-753-4354
bullhead@mikid.org
<https://www.mikid.org/>

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

2580 HWY 95 Suite 119
Bullhead City, AZ 86442
928-763-7776
www.sbhservices.org
Mon-Fri 8am-7pm

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

Health Services

Pediatrics

Children's Medical Center

Dr. Naila Tariq
1225 Hancock Road #B
Bullhead City, AZ 86442
928-758-0183
Pediatric Services.

Colorado River Pediatrics

Dr. Barton
NP Theresa Marin
1611 Joy Lane #2
Fort Mohave, AZ 86426
928-788-8000
Pediatric Services.

Health Services:

Pediatrics

Tiny Tots Pediatric

Dr. Marilou Reyes
2585 Miracle Mile #124
Bullhead City, AZ 86442
928-763-7020
Pediatric Services.

Health Services:

FQHC

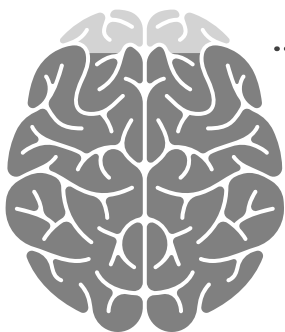
(Federally Qualified Health Centers are outpatient clinics that serve rural areas)

North Country Healthcare

2585 Miracle Mile Ste. 116
Bullhead City, AZ 86442
928-704-1221
Provides family practice clinic, well-woman exams, well-baby checkups, immunizations and referrals to necessary specialists.

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.

CHILDREN AND FAMILY SERVICES

Libraries

Mohave County Library- Bullhead

1170 Hancock Rd.
Bullhead City, AZ 86442
928-758-0714
Open 9:00 a.m. to 6:00 p.m.
Monday-Saturday

Mohave County Library- Ft. Mohave

5902 AZ-95 #102
Fort Mohave, AZ 85426
928-768-1151
Open 11:00 a.m. to 4:00 p.m.
Tuesday-Saturday

Mohave County Library- Golden Shores/Topock Community

13136 S. Golden Shores Parkway
Topock, AZ 86436
928-768-2235
Open Tues, Thurs, Sat
9:00 a.m. to 1:00 p.m.
Open Wednesdays
2:00 p.m. to 5:00 p.m.
Library loans books, e-books, audio
books, videotapes, CDs and DVDs.

Nutrition and Food Resources

Bullhead City Food Bank

590 Hancock Rd.
Bullhead City, AZ 86442
928-758-7717 (behind church)
Provides emergency food boxes
and clothes to families in need.

Salvation Army Family Services

1461 Palma Rd.
Bullhead City, AZ 86442
928-758-3141
Provides food boxes and baby
formula to people in need in the
Bullhead City, AZ and Laughlin, NV
area.

WIC Program Mohave County Department of Public Health

1222 Hancock Road
Bullhead City, AZ 86442
928-758-0722
Supplemental healthy foods,
nutrition education, referrals to
health services Prenatal-5 years of
age qualify.

NOTES

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www.swhd.org

"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.

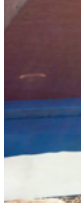
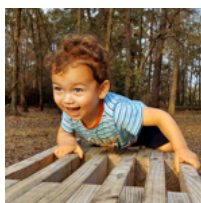
Topics addressed include but not limited to:

- 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