



**90%** OF A CHILD'S BRAIN DEVELOPS BEFORE KINDERGARTEN.



# NAVAJO/APACHE REGION

## 2017 IMPACT REPORT

# THE FIRST FIVE YEARS

From birth to age 5, the brain develops faster than at any other time in life. And how a child's brain develops in these early years will have a lasting impact on their future.

Science has shown that children with positive, nurturing experiences in their early years go on to be healthier and more successful in school and in life. They're more ready for kindergarten. They're more likely to graduate from high school and go on to college. They're more prepared for a successful career and to be contributing members of their communities.



That's why Arizonans created First Things First – to support the development and learning of our youngest children. First Things First invests in proven programs and innovative strategies that:



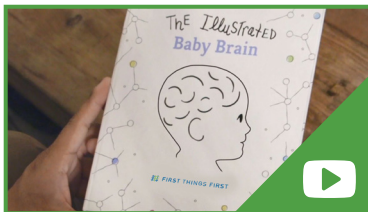
**STRENGTHEN FAMILIES** in their role as their child's first teacher.



**IMPROVE THE QUALITY OF EARLY LEARNING** in child care and preschool programs.



**PROMOTE HEALTHY DEVELOPMENT** to ensure that kids arrive at kindergarten ready to succeed.



## WATCH OUR VIDEO

to learn more about early childhood brain development.

<http://www.firstthingsfirst.org/why-early-childhood-matters/the-first-five-years>

# EARLY CHILDHOOD IN THE NAVAJO/APACHE REGION

“Strong and sustainable communities begin with strong families and children. The work of the Navajo/Apache Regional Partnership Council is driven by this understanding, and our care coordination strategy, implemented through the HealthySteps for Young Children model, is reaching the majority of our region's youngest children and their families. HealthySteps considers parents to be the expert and supports parents to advocate for what they need.

Our greatest accomplishments in 2017 have been the intentional relationships and connections created and sustained through community partnerships. This network supports families to access health care, connect to community resources and opportunities, and feel confident in their role of preparing their children to succeed in school, and in life.”

Byron Lewis  
Chair, Navajo/Apache Regional Partnership Council

# 2017 NAVAJO/APACHE REGION HIGHLIGHTS



## STRENGTHENING FAMILIES AND EARLY LITERACY

**756** Families of newborns received the Arizona Parent Kit, filled with tips and tools to help support their child's healthy development.

**6,764** Children received support from trained providers (including voluntary in-home visits, if desired) to link their parents with resources to support their health and learning and deal with specific challenges, including first-time parenting, parenting a child with special needs or dealing with multiple births.



## QUALITY PRESCHOOL AND CHILD CARE

**148** Children attended preschools and child care programs participating in Quality First.

**40** Children birth to age 5 received a Quality First scholarship to attend high quality preschools and child care programs.



## PREVENTIVE HEALTH

**1,466** Children received screenings to detect vision, hearing, and developmental issues to prevent learning challenges later on.

**1,819** Fluoride varnishes applied to protect against childhood tooth decay.

## GOOD ORAL HEALTH BECOMES FAMILY TRADITION FOR HEBER FAMILY

For Tiffany Western and her five children, oral health has become a family tradition. First Things First funds the oral health program in the Navajo/Apache region that provides dental screenings and fluoride treatments to children ages birth to 5.

All five Western kids were or are part of the program. The oldest, Hannah, now in seventh grade, started at age 5. Trevor, now in fifth grade, began at age 3. The three youngest Westerns: Taggart, now in second grade, Daks, age 4 and 1-year-old Cody all started as babies.

“Three of my children had cavities early on that we never would have known about had it not been for the screenings,” Western said. “And, the fluoride treatments are essential to good oral health at an early age.”

Good oral health in young children plays a critical role in a child's overall wellbeing and education. Western said getting her children into the program as infants or toddlers helped diminish any fear or anxiety of going to the dentist as they got older.

“I'm so grateful to Robin House (oral health educator for Navajo County Public Health) and all the people who administer the program,” said Western, who lives in Heber. “They taught my kids to be excited about caring for their teeth.”

Children in the program also receive toothbrushes, toothpaste, a brushing timer and a dental-themed coloring sheet. One big side benefit of the program?

“I don't have to fight with them to get them to brush their teeth,” Western said.









**MORE LOCAL  
STORIES**

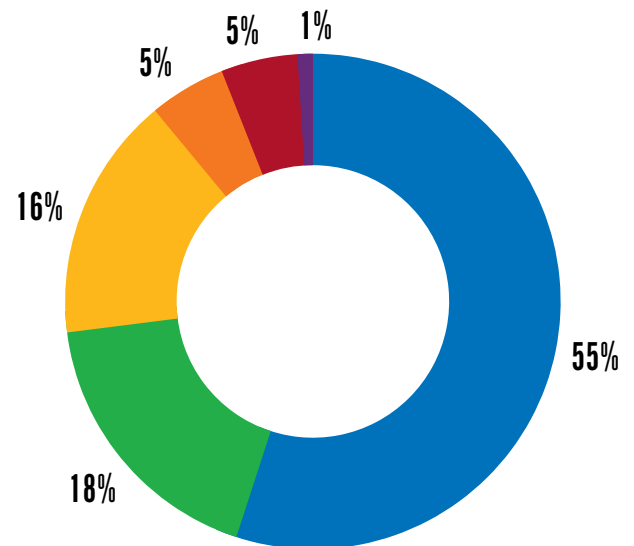
[firstthingsfirst.org/regions/navajo-apache](http://firstthingsfirst.org/regions/navajo-apache)

# FIRST THINGS FIRST NAVAJO/APACHE REGIONAL PARTNERSHIP COUNCIL

The First Things First Navajo/Apache Regional Partnership Council is made up of volunteers who study the unique needs of the local community and decide how funds will be used to best support the development, education and health of young children birth to age 5. First Things First invests in proven programs and innovative strategies through grants to community organizations that provide services to children and families.

## FY17 PROGRAM EXPENDITURES

 Preventive Health	\$720,509
 Workforce Development and Training	\$240,394
 Quality Child Care and Preschool	\$204,915
 Research and Evaluation	\$65,724
 Parent and Community Awareness	\$65,126
 Strengthening Families	\$19,071
<b>TOTAL</b>	<b>\$1,315,739</b>



## COUNCIL MEMBERS

Byron Lewis, *Chair*      Carrie Classay, *Vice Chair*

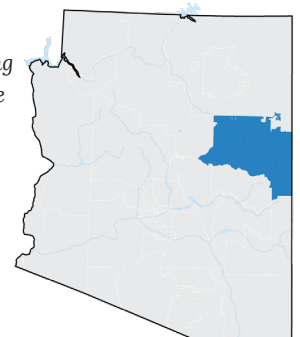
Rachel Armstrong      Claude Endfield      Leslie Meyer

Kimberly Avery      Doug Harris      Victoria Schmitt

Becky Benda-Dodd      Kalman Mannis

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The Navajo/Apache Region encompasses the central areas of Navajo and Apache Counties, excluding the lands belonging to the Navajo Nation and the Hopi Tribe in the north and the land belonging to the White Mountain Apache Tribe in the south. The region also includes the Forest Lakes community in Coconino County, east of Heber-Overgaard. The region does not include the city of Winslow, which is in Navajo County but is assigned to the Coconino Region. The Navajo/Apache Region includes Legislative Districts 6 and 7. (Legislative districts are not necessarily congruent with regional boundaries.)



Learn more at: [firstthingsfirst.org/regions/navajo-apache](http://firstthingsfirst.org/regions/navajo-apache)