



FIRST THINGS FIRST

2019 IMPACT REPORT

White Mountain Apache Tribe Region



Early experiences build the
foundation for a lifetime



of a child's brain growth happens before kindergarten

From birth to age 5, a child's brain develops more than any other time in life. Research shows that the quality of a child's early life experiences shape how their brain develops.

First Things First partners with families and communities to help our state's youngest children prepare for kindergarten and beyond.



The work to protect and revitalize native languages is fundamental to strengthening tribal families and communities, and in turn, our tribal children. Through native language preservation we can develop strong confident tribal children, who will be ready to learn and ready to grow into strong and confident tribal members who will build promising future generations."

Dawnafe Whitesinger

Vice Chair of FTF White Mountain Apache Tribe Regional Partnership Council

Fiscal Year 2019 White Mountain Apache Tribe Region Impact Highlights

Here are a few highlights of the proven programs and innovative strategies from this region.



Strengthening Families and Early Literacy

1,171

adults attended community-based classes on topics like parenting skills, brain development, early literacy and nutrition.

3,498

Resources were distributed to adults for connecting parents with parenting tips, services and programs.



Quality Preschool and Child Care

353

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

61

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

18

Early childhood educators received college scholarships to improve their skills in working with infants, toddlers and preschoolers.

Additional strategies:



2,296 Books

were given to parents and caregivers of infants, toddlers and preschoolers through a local distribution program.



Whiteriver families take parenting workshops to help prepare their children to succeed in kindergarten

Sylvia Hinton is training parents to help their children succeed in school.

Hinton brings parenting workshops to small towns like Whiteriver located on the Fort Apache Indian Reservation in Navajo County and other small rural towns across White Mountain Apache Tribe, like McNary and Cibecue, to teach parents about early childhood development.

Parenting education is a strategy funded by the First Things First White Mountain Apache Tribe Regional Partnership Council to help young children living in this area. Parents in these smaller communities have a hard time finding parenting support resources or there may not be any resources to find. There is also the need for workshop facilitators to be sensitive to cultural concerns.

“Most of the parents attending the workshops are involved in their child’s education,” said Hinton, who is a parenting facilitator/neuro-psyche program assistant

for Summit Healthcare. “But it takes them a while to be comfortable with the workshop. Those parents with a traditional tribal view are a little hesitant and question the purpose of the workshop at first. Once I explain the purpose of the workshops, they want more information and continue to participate.”

Hinton rotates through 16 parenting workshops that cover topics ranging from early childhood physical and brain development, social-emotional, communication and language development and other topics. Parents learn how to help their children with self-regulation and identifying and expressing their feelings. They also learn the importance of reading and playing with their children. Hinton also explains different parenting styles and healthy, effective ways of disciplining children.

“The first workshop is about brain development,” said Hinton. “The feedback I get from parents is very helpful as to what they want and need to learn and for providing resources. They often let me know that from attending the classes they understand the importance of educating their child at birth. Many are new parents, so they are learning about child development for the first time.”

Each workshop presents information about a child’s journey of development, starting from birth and through each level of development up through age 5. For each topic area and stage, parents are given resources such as what to ask in the doctor’s office, information on early literacy and developmental screenings.

As parents attend these monthly parenting workshops, they also start to develop relationships with other parents.

“We’ll talk about upcoming events,” said Hinton. “We discuss where to find resources or what they are concerned about. I also encourage them to get tips from each other and share ideas. They create a support group of parents that they can use throughout the year.”

Overall, Hinton hears that parents are grateful.

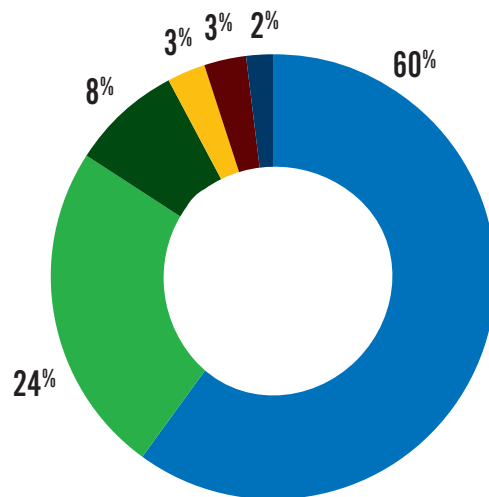
“They are learning things they never knew before and finding other resources to help their children,” Hinton said

FTF White Mountain Apache Tribe Regional Council

The FTF White Mountain Apache Tribe 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. FTF invests in proven programs and innovative strategies through grants to community organizations that provide services to children and families.

FY19 Total Regional Program Expenditures

Quality Child Care and Preschool	\$314,684
Strengthening Families	\$128,807
Workforce Development and Training	\$42,216
Research and Evaluation	\$20,771
Preventive Health	\$16,800
Parent and Community Awareness	\$5,344
TOTAL	\$528,622



FTF White Mountain Apache Tribe Regional Partnership Council

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Laurel Endfield

Vice Chair
Dawnafe Whitesinger

Members

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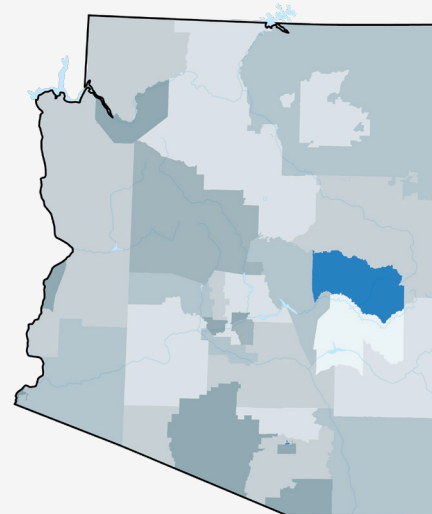
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The boundaries of the White Mountain Apache Tribe Region are the same as the Fort Apache Indian Reservation. The region covers more than 2,500 square miles in Apache, Gila and Navajo counties. The larger communities in the region are Whiteriver, Cibecue, North Fork and Canyon Day. The White Mountain Apache Tribe Region includes Legislative District 7. (Legislative districts are not necessarily congruent with regional boundaries.)



Learn more at: FirstThingsFirst.org/Regions/White-Mountain-Apache-Tribe