FIRST THINGS FIRST Family Guide

Colorado River Indian Tribes Region

First Things First supports early childhood programs in Arizona through grants to community organizations that provide services—at no cost—for young children from birth to age 5 (before kindergarten) and their families. The Colorado River Indian Tribes Region is defined as the Arizona part of the Colorado River Reservation, including the town of Parker. The region lies entirely in La Paz County.

**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.

**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.

**Summer Transition to Kindergarten**
Helps children who may not have had any preschool experiences and their families to prepare for the transition to kindergarten.

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**Colorado River Indian Tribes Early Literacy Program**
Laura Puentes | (928) 669-1339
laura.puentes@crit-nsn.gov

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**Colorado River Indian Tribes Nutrition and Physical Activity Program**
Colorado River Indian Tribes Department of Health Services
Shawni Laffoon | (928) 575-1287
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**Transition to Kindergarten Program**
Arizona PBS
Misty Standeford | (480) 869-0183
misty.haas@asu.edu

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**Continued on Back**
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

Tara Gene
Regional Director
(928) 854-8732 | tgene@firstthingsfirst.org

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