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 East Maricopa Region includes Chandler, Scottsdale, Tempe, Carefree, Cave Creek, Fountain Hills, Guadalupe, Paradise Valley, Goldfield Ranch, Rio Verde, Sun Lakes, Ahwatukee, Paradise Valley Village and the Fort McDowell Yavapai Nation.

**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.

**Home Visiting Programs**

Work 1-on-1 with a trained and caring parent educator, in the convenience of your own home, to build on the parenting skills you already have and nurture your child's health, development and learning.

**Parents as Teachers**

**Ft. McDowell Yavapai Nation**

Cathy Quintana | (480) 789-7208

Cquintana@fmyn.org

**Parent Partners Plus**

(602) 633-0732

**Family Resource Centers**

Bring your children and take classes and workshops from trained parent educators, connect with community resources and more, all in one convenient location.

**AZCEND Family Resource Center**

(480) 963-1423 | samantha@azcend.org

**Chandler CARE Center**

(480) 812-7900 | chandlercarecenter@cusd80.com

**Chandler Family Learning Center Valleywise**

(480) 344-6165 | flc@valleywisehealth.org

**Thrive to Five Family Resource Center at Thew Elementary**

(480) 894-5574 x 7082

lupita.avelar@tempeschools.org

**Guadalupe Family Resource Center**

(480) 491-2301 | renato.ramos@parentingaz.org

**Scottsdale Family Resource Center**

(480) 312-0038

scottsdalefamilyresourcecenter@scottsdaleaz.gov

**Find Help Phoenix**

Strengthens families of young children by providing information on free or low-cost resources in Maricopa County.

**Find Help Phoenix**

FindHelpPhx.org

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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.

Dental/Oral Health
Prevent tooth decay by having a professional check your child's teeth (or yours, if you're pregnant), protect your child's teeth with fluoride, and get a referral to a dentist if you need one.

Well-Child Programs
Get information, assistance and referrals from a developmental specialist to help you support the health and development of your young child.

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.

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.

First Teeth First
Dignity Health
Olga De La Torre | (480) 728-5792
Olga.DeLaTorre@DignityHealth.org

Pediatric Care Coordination
Valleymain
Larsa Margous | (480) 375-1152
Larsa.Margous@valleymainhealth.org

Southwest Human Development
1-877-705-KIDS (5437)
birthtofivehelpline.org

LEARN MORE
For more information about how First Things First supports the healthy development and learning of young children in our community, visit us at FirstThingsFirst.org/Regions/East-Maricopa or call 602.771.4980.