

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 Navajo/Apache Region includes the central areas of Navajo and Apache Counties and the Forest Lakes community in Coconino County, east of Heber-Overgaard.



GET THIS INFO ONLINE:

[FirstThingsFirst.org / Find-Programs](https://www.FirstThingsFirst.org/Find-Programs)



## 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.

#### **Family Education and Support Services Arizona's Children Association**

Kimberly Whitley | (928) 864-8929  
[kwhitley@arizonaschildren.org](mailto:kwhitley@arizonaschildren.org)



## 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.

### Well-Child Programs

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

**HealthySteps - Lakeside  
Summit Healthcare Association**  
(928) 367-6550

#### **HealthySteps - Navajo/Apache North Country North Country HealthCare**

Deborah Lewis  
[dslewis@nchcaz.org](mailto:dslewis@nchcaz.org)  
(928) 524-7256

### Oral Health

#### **North Country's Oral Health Program in the Navajo/Apache region North Country HealthCare**

Donald Pearce  
[dpearce@nchcaz.org](mailto:dpearce@nchcaz.org)  
(928) 532-6917



## 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.



Learn more and find programs near you at: [FirstThingsFirst.org](https://www.FirstThingsFirst.org)



## 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](http://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/Navajo-Apache](http://FirstThingsFirst.org/Regions/Navajo-Apache) or call **928.177.2572**.

# FIRST THINGS FIRST 

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*Space may be limited and eligibility requirements may apply. While this listing only includes programs funded by First Things First, many of them can connect you with additional services that might be right for you.*

*In accordance with the Americans with Disabilities Act, First Things First (FTF) will not discriminate on the basis of disability in its services, programs or activities. Qualified individuals with disabilities may request auxiliary aids and services to make information and communications accessible as well as request reasonable modifications to policies and programs so that they can participate equally in FTF's services, programs and activities. For assistance, contact FTF at (602) 771-5057. This document was last modified on 11/01/2021.*