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.

Family Support – Children with Special Needs
Get individualized support and coaching to help you identify and address developmental concerns early, respond to challenging behaviors, and support your child’s physical, social and emotional development.

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.

Family Friend and Neighbor Caregivers
Many children spend parts of the day with non-parent caregivers in informal home settings. Learn how you can better support the health, development and learning of the young children in your care through health and safety practices, educational activities and understanding more about child development.

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.

Growing in Beauty - Family Support Services Program
Navajo Nation Department of Dine Education, Office of Special Education and Rehabilitation Services
Adrienne Benally  | (928) 871-6338
adriennebenally@nndode.org

Growing in Beauty - Parents as Teachers
Navajo Nation Department of Dine Education
Adrienne Benally  | (928) 871-6338
adriennebenally@nndode.org

Arizona Kith and Kin Project
Candelen
Sharrisa Ben  | (505) 903-3541
sben@asccaz.org

Fruit and Vegetable Prescription Program (FVRx)
COPE (Community Outreach and Patient Empowerment)
Kymie Thomas  | (505) 409-3506
fvrx@copeprogram.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.

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.

Food Assistance
Find support if your family needs temporary help in providing safe and nutritious food.

Healthy Beginnings Food Box Program
St. Jude Food Bank
Syro Whiterock | (928) 283-6886
lcs.sjfb@gmail.com

Fruit and Vegetable Prescription Program (FVRx)
COPE (Community Outreach and Patient Empowerment)
Kymie Thomas | (505) 409-3506
fvrx@copeprogram.org

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

LEARN MORE
https://www.firstthingsfirst.org/regions/navajo-nation/
(928) 810-4306