

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 Nation Region is defined as the Arizona portion of the Navajo Nation Reservation.



GET THIS INFO ONLINE:

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

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.

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

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.

Growing in Beauty - Parents as Teachers

Navajo Nation Department of Dine Education

Adrienne Benally | (928) 871-6338
adriennebenally@nndode.org

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.

Arizona Kith and Kin Project Candelen

Sharrisa Ben | (505) 903-3541
sben@asccaz.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.

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.

Fruit and Vegetable Prescription Program (FVRx) COPE (Community Outreach and Patient Empowerment)

Kymie Thomas | (505) 409-3506
fvrx@copeprogram.org

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

fvr@copeprogram.org



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](https://www.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-Nation](https://www.FirstThingsFirst.org/Regions/Navajo-Nation) or call **928.810.4306**.

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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 06/15/2022.