

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.

Areas served: First Things First's Pima North, Pima South, Tohono O'odham Nation and Pascua Yaqui Tribe regions.



# FIRST THINGS FIRST

FIND PROGRAMS

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.

### 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.

#### Parenting Activities

##### **United Way of Tucson and Southern Arizona**

Cholpon Rosengren | (520) 903-3921  
[familysupport@unitedwaytucson.org](mailto:familysupport@unitedwaytucson.org)  
[pimaparenting.org](http://pimaparenting.org)

#### Make Way for Books

(520) 398-6451 | [info@makewayforbooks.org](mailto:info@makewayforbooks.org)  
[makewayforbooks.org](http://makewayforbooks.org)

### 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.

#### Parents As Teachers for Special Needs Program Easter Seals Blake Foundation

Marely Lievanos | (520) 792-2636 x 7098  
[parentsateachers@blake.easterseals.com](mailto:parentsateachers@blake.easterseals.com)

### 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.

#### In-Home Family Support

**United Way of Tucson and Southern Arizona**  
(520) 903-3921  
[familysupport@unitedwaytucson.org](mailto:familysupport@unitedwaytucson.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.

### 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.

#### First Smiles Matter

##### **Pima County Health Department**

Margaret Perry | (520) 724-7902  
[margaret.perry@pima.gov](mailto:margaret.perry@pima.gov)

### Support for Families with Immediate Needs

In times of difficulty, families can find immediate help to provide for the care and safety of their young children. Connect with services available in your community to meet your most urgent needs and help you nurture your child's healthy development.

#### Family Support and Child Development Tohono O'odham Nation

Genevieve Valenzuela | (520) 349-8324  
[genevieve.valenzuela@tonation-nsn.gov](mailto:genevieve.valenzuela@tonation-nsn.gov)

## Well-Child Programs

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

**Healthy Steps - El Rio**  
**Casa de los Ninos / El Rio Community Health Center**  
John Elliott | (520) 624-5600 x 10221  
jelliott@casadelosninos.org

**Healthy Steps - Desert Senita**  
**Desert Senita Community Health Center**  
Dakota Cooney | (520) 387-5651 x 3352  
dcooney@desertsenita.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)

## Transition to Kindergarten

Introducing your child to what they'll experience in a kindergarten classroom can reduce their stress — and yours — and help them be ready to succeed in school.

**Summer Transition to Kindergarten**  
**Pascua Yaqui Tribe**  
(520) 838-7150



## 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/Pima-North](https://www.FirstThingsFirst.org/Regions/Pima-North) or call **520.628.6666**.

# FIRST THINGS FIRST .ORG

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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 04/15/2022.*