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 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.

- **LSS Family Resource Center West Mesa**
  at First Evangelical Lutheran Church
  (480) 489-5772 | amontero@lss-sw.org

- **LSS Family Resource Center East Mesa**
  at Our Savior's Lutheran Church
  (480) 489-5773 | mgomez@lss-sw.org

- **AZCEND Gilbert Family Resource Center**
  at the Heritage Center
  (480) 428-5446 | heritagecenter@azcend.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.

**Find Help Phoenix**

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

**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.
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: QualityFirstAZ.com

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

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 07/27/2022.