



**# FIRST THINGS FIRST**

## **Having plenty of questions is a natural part of parenthood.**

**First Things First** is here to help answer your parenting questions so you can do your best in caring for your baby. You'll find tips and information about health and

safety, child development, how to help your baby learn and grow, and where to get even more support when you need it most. Because **all parents** need help sometimes.

**For free parenting information, services  
and resources, visit [FirstThingsFirst.org](https://www.FirstThingsFirst.org)**

First Things First is Arizona's early childhood agency, supporting the healthy development and learning of young children from birth to age 5.