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 Education
Attend a series of group classes proven to increase your understanding of child development and improve your parenting skills.

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.

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

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.

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.

HealthySteps - Flagstaff
North Country HealthCare
Pearl Santillan | (928) 522-9430
psantillan@northcountryhealthcare.org

HealthySteps - Winslow
North Country HealthCare
Michelle Simmons | (928) 288-8750
msimmons@nchcaz.org

Quality Child Care and Preschool
Learn more and find programs near you at: FirstThingsFirst.org

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

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/Coconino or call 520.637.0412.

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 04/19/2021.