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.

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.

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.

Summer Transition to Kindergarten

Helps children who may not have had any preschool experiences and their families to prepare for the transition to kindergarten.
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

Birth to Five Helpline

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/Colorado-River-Indian-Tribes or call 928.854.8732.

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 11/02/2021.