



First Things First N-A Region May Outreach Map

- Blue = General Outreach
- Red = Presentations (1:1 and/or formal presentations)
- Purple = Events
- Yellow = Speakers' Trainings
- Aqua = Collaboration/Networking Meetings
- Green = Site Tour
- Magenta = Media
- Unlisted = 0 views



FTF Navajo-Apache Region



4700 W White Mountain Blvd
FTF Lakeside 85929 office



5-2-2013 Show Low School District Office
Flip Flippin Speaking at Show Low high School attended by Kate Dobler-Allen

[Show Low School District Office](#)

1350 North Central Avenue
Show Low, AZ 85901
(928) 537-6000
show-low.k12.az.us



5-4-2013 Blue Ridge Elementary School
Annual Bike Rodeo and Safety Fair
Attendance was less than usual but still a couple of hundred were there.

[Blue Ridge Elementary School](#)

1200 West White Mountain Boulevard
Lakeside, AZ 85929
(928) 368-6182
brusd.k12.az.us



5-8-2013 1:1 meeting Grumpy Jake's BBQ & Catering
Met with Nick Kasovack to discuss ongoing articles in the Mogollon News and WMI

[Grumpy Jake's BBQ & Catering](#)

6 reviews
3973 West White Mountain Boulevard
Lakeside, AZ 85929
(928) 368-4227



5/15/2013 Northland Pioneer College: Show Low Campus
Grantee Coordination meeting

[Northland Pioneer College: Show Low Campus](#)

1001 West Deuce of Clubs
Show Low, AZ 85901
(928) 532-6111
npc.edu/about-npc/locations



5/16/2013 CPS All-Providers meeting
600 N 9th Dr
Sitgreaves National Forest, Show Low, AZ 85901
15 providers were in attendance at this meeting. Kate was able to present FTF information and answer questions for 30 min.



5-17-2013 Oral Health Coalition Meeting Navajo County
Health Department
10 People attended this meeting that focuses on early oral health in Navajo county

[Navajo County Health Department](#)

600 North 9th Drive
Show Low, AZ 85901

(928) 532-6050
navajocountyaz.gov



6/1/2013 Summit Healthcare Regional Medical Center
Annual Health and Wellness Fair

[Summit Healthcare Regional Medical Center](#)

1 review

2200 East Show Low Lake Road

Show Low, AZ 85901

(928) 537-4375

summithealthcare.net



Maverick Magazine
Article in May Maverick

[Maverick Magazine](#)

1150 East Deuce of Clubs

Show Low, AZ 85901

(928) 532-6397



Tips for Getting Your Child Ready for Kindergarten

Submitted by Michelle Pansulla,
First Things First Navajo/Apache region Community outreach coordinator

It's never too early to start getting kids ready for kindergarten. Research shows that children who are prepared when they enter school do better and are more likely to graduate. First Things First has developed a set of tips from a variety of sources to help parents get their little ones ready for the big day!

In addition to the tips below, parents are encouraged to check libraries, newspapers, websites, community centers and bulletin boards for local events and additional resources.

Do you have younger children? Babies are born learning, so parents can use the same basic principles of nurturing, reading, talking, singing and playing with their child to help the youngest kids starting getting ready for school, set for life!

Tips to Develop Language & Literacy

1. Read to your child at least 30 minutes per day. Local libraries have age appropriate books for young children, and young kids will delight in getting their own library card. When reading a story, ask your child, "What happens next?" and wait for the answer.
2. Find local programs that promote early literacy and language, such as the Navajo County Libraries Expanded Early Literacy Programs. 928-524-4798. For more information, go to www.azflf.gov
3. Have printed material around the house – books, newspapers, magazines, etc. – and let your child see you reading often.
4. Take your child with you and talk with your child everywhere– at home, in the car, at the store, in the bank. Make up stories or songs about your outings.
5. Try books that have repetitious text about familiar objects, involve activities such as counting, identifying colors, objects or letters, are about subjects that interest the child, or deal with topics that relate to your child's life.
6. Scribbling is the beginning of writing. Give your child safe writing props to incorporate into their play, like crayons, blank paper, newspaper and construction paper, thick sticks of chalk and thick magic markers. Promote the development of their fine motor skills by letting them cut paper or trace letters. Allow them to draw freely and creatively.

Tips to Get Ready for the Transition to School

1. Start talking to your child about the change that is coming when they start school. Be positive, and give your child the opportunity to ask questions or express fears.

2. Prior to the first day; meet the teachers, greet them and introduce your child. Be sure to express your appreciation for their hard work. If your child's school has an open – house, attend as a family.
3. Talk with your child about what to expect during a typical school day, including classroom time, lunch and snacks, recess and bathrooms breaks. The more your child knows about the details, the less anxious he or she will feel about the first days of school.
4. Rehearse for the big day by practicing all the activities that will happen at school. Do a test run of the new routine:
 - a) Wake up at the time necessary in order to give your child plenty of time to get ready.
 - b) Plan and fix a healthy breakfast. Teach your child how to help with this.
 - c) Lay out clothes the night before and make sure zippers, buttons and shoes are able to be easily fastened.
 - d) If your child takes the bus, walk to the bus stop and talk about boarding and where to sit. If you will drive them to school, talk about landmarks along the way.
 - e) Pack a lunch for both of you and sit down with your child and practice opening things together. If you will be sending lunch, make sure it is nutritious food that they like and can open. Juice boxes, fruit cups and zip lock bags can frustrate your child if they haven't had practice. Remind them to ask for help if needed. Teachers and lunch staff will be there to help.
5. Give your child a family picture of you to keep in their pocket or backpack, and assure them about what time you will be back to pick them up.
6. Write down your child's questions about school as they come up, call the school to get answers and share them with your child.
7. Getting and staying involved in your child's school activities sends a message that education and school is important. Speak with your child's teacher regularly, and if possible, participate in your school's PTO/PTA.
8. Most importantly, celebrate and enjoy this milestone with your child!



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Learning for a Lifetime

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Focusing on the child's unique strengths,
the Montessori methodology provides guided
independence which encourages the child to grow
his or her potential.



"The child is both a hope & a promise for mankind."
- Dr. Maria Montessori

Schedule a tour at White Mountain Montessori today!
421 Woodland Lake Road in Lakeside
Next to the Christmas Tree Restaurant
928.367.1201 www.WhiteMountainMontessori.org