Ready for School. Set for Life.

Partnering with parents and families to help all children stay healthy and succeed in school.

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Parent Guide to First Things First Funded Programs	Contact
Do you have parenting questions or need advice? **Birth to Five Helpline** Helps families with young children get free answers to their toughest parenting questions.	**Southwest Human Development** 1-877-705-KIDS (5437)
Are you a parent or caregiver looking for resources and support? **Nihiyazhi Ba'iit'ih Home Visitation Program** Gives young children stronger, more supportive relationships with their parents through in-home services on a variety of topics, including parenting skills, early childhood development, literacy, etc. Connects parents with community resources to help them better support their child's health and early learning.	**Northern Arizona University** **Institute for Human Development** 928-523-8339 Linda Morrison
Do you need to keep you or your child well? **Public Health Nutrition Food Security Program** Improves the health and nutrition of children 5 and younger and their families.	**Tsehootsoi Medical Center** 928-729-8416 Tyrone James
Are you seeking quality child care for your infant or toddler? **Quality First Child Care Scholarships** Helps low-income families afford a better educational beginning for their children while parent attends school. *Parent of child must be a permanent Navajo Nation resident temporarily living off tribal lands.	**Valley of the Sun United Way** 602-631-4888 Jackie Keller www.navajonationscholarships.org

First Things First Navajo Nation Regional Partnership Council
For more information contact:
Melissa Begay, Regional Director at mbegay@azftf.gov or
Memarie Tsosie, Community Outreach Coordinator at mtsosie@azftf.gov or 928-810-4306

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