

# # FIRST THINGS FIRST

First Things First partners with communities to strengthen families and help more kids arrive at kindergarten healthy and ready to succeed.

## Family Guide to First Things First Funded Programs for Colorado River Indian Tribes

## 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)

*Want to see how reading and play can help your child learn?*

Helps parents support their young child's love of words and books.

**Colorado River Indian Tribes Library**

928-669-1339

*Do you want information about your child's physical or oral health?*

### Nutrition, Obesity and Physical Activity

Improves the health and safety of young children by providing community-based health education on a variety of topics including: healthy food choices and appropriate physical activity.

**Colorado River Indian Tribes Department of Health Services**

928-575-4429

*Do you need to find quality child care for your infant, toddler or preschooler?*

### Early Learning

Resources for finding quality child care and preschool programs.

**Quality First**

QualityFirstAz.com

**First Things First Colorado River Indian Tribes Regional Partnership Council**

**For more information contact:** Regional Director Jacqueline Flores at [jflores@aztf.gov](mailto:jflores@aztf.gov) or Community Outreach Coordinator Erin Taylor at [etaylor@aztf.gov](mailto:etaylor@aztf.gov) or 928-854-8732.

**This region consists of the AZ portion of the Colorado River Indian Reservation and the Town of Parker.**