

# # 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 in Navajo Nation Region

Contact

## *Are you a parent or caregiver looking for resources and support?*

### **Home Visitation**

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.

### **Office of Special Education and Rehabilitation Services**

(928)871-6338

Available in the following areas:

Black Mesa Community School, Cottonwood Day School, Dennehotso Boarding School, Lukachukai Community School, Pinon Community School, Seba Dalkai Boarding School and Tuba City Boarding School.

## *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)

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

**Nutrition/Obesity/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.

**Navajo County Public Health Services District**  
(928)524-4750

**Oral Health**

Decreases preventable oral health problems in young children.

**Navajo County Public Health Services District**  
(928)313-1359

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***Do you need to keep you or your child safe and well?***

**Food Security**

Distribute food boxes to families in need of assistance who have children birth to 5 years old.

**St. Mary's Food Bank Alliance**  
1-877-249-3032

**St. Jude Food Bank**  
(928)283-6886

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***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 Child Care Scholarships**

Helps low-income families afford a better educational beginning for their children.

**Quality First**  
[qualityfirstaz.com](http://qualityfirstaz.com)

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**First Things First Navajo Nation Regional Partnership Council**

**For more information contact:**

Memarie Tsosie, Regional Director at [mtsosie@azftf.gov](mailto:mtsosie@azftf.gov)

**Navajo Nation  
Communities in Arizona**