

# 🏠 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 White Mountain Apache Tribe Region [Contact](#)

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## *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)

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

### **Oral Health**

Decreases preventable oral health problems in young children.

**Navajo County Public Health Services**

(928) 524-4750

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

### **Parenting Outreach and Awareness**

Improves child development by educating parents and connecting them to resources and activities that promote healthy growth and school readiness.

**Summit Healthcare**

(928) 367-6550

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## *Do you need to find quality childcare for your infant, toddler or preschooler?*

### **Early Learning**

Resources for finding quality child care and preschool programs.

**Quality First**

qualityfirstaz.com

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**First Things First White Mountain Apache Tribe Regional Partnership Council**

**For more information contact:**

Kate Dobler-Allen, Interim Regional Director at [kdallen@azftf.gov](mailto:kdallen@azftf.gov) or (928) 532-5041 or (602)320-1648  
or visit our regional office at 4700 W. White Mountain Blvd., B1, Lakeside, AZ 85929

**White Mountain Apache Tribe Region  
Ft. Apache Indian Reservation**