

First Things First supports early childhood programs in Arizona through grants to community organizations that provide services—at no cost—for young children from birth to age 5 (before kindergarten) and their families.

The Southwest Maricopa Region includes Avondale, Buckeye, Gila Bend, Goodyear, Litchfield Park, Tolleson and Tonopah.



GET THIS INFO ONLINE:

[FirstThingsFirst.org / Find-Programs](https://FirstThingsFirst.org/Find-Programs)



Parenting

There's no one right way to raise a child, and you don't have to be perfect. These programs are here to help you learn effective ways to support your child's healthy development and learning.

Parenting Education

Attend a series of group classes proven to increase your understanding of child development and improve your parenting skills.

Parenting Workshops

Arizona's Children Association

(480) 729-6510

familyeducation@arizonaschildren.org

arizonaschildren.org

Family Resource Centers

Bring your children and take classes and workshops from trained parent educators, connect with community resources and more, all in one convenient location.

Buckeye Family Resource Center at Buckeye Elementary School

(623) 925-3911 | rsanders@besd33.org

AZ Complete Health Avondale Resource Center

(623) 333-2703 | AFERP@avondaleaz.gov

Gila Bend Family Resource Center

(928) 683-6502 | jcarpenter@gilabendaz.org

Pendergast Family Resource Centers

(623) 772-2339 | PendergastFRC@pesd92.org

Family Support - Children with Special Needs

Get individualized support and coaching to help you identify and address developmental concerns early, respond to challenging behaviors, and support your child's physical, social and emotional development.

Building Bright Futures - Children with Special Needs

Child & Family Resources

(602) 234-3941

Home Visiting Programs

Work 1-on-1 with a trained and caring parent educator, in the convenience of your own home, to build on the parenting skills you already have and nurture your child's health, development and learning.

Parent Partners Plus

(602) 633-0732

Family Friend and Neighbor Caregivers

Many children spend parts of the day with non-parent caregivers in informal home settings. Learn how you can better support the health, development and learning of the young children in your care through health and safety practices, educational activities and understanding more about child development.

Arizona Kith and Kin Project

Candelen

JMarco Villalpando | (480) 493-0113

mvillalpando@candelen.org

Find Help Phoenix

Strengthens families of young children by providing information on free or low-cost resources in Maricopa County.

Find Help Phoenix

FindHelpPhx.org



Child Health and Development

All children develop differently, but it helps to know if they're meeting typical milestones or could use extra assistance, and many medical and dental problems can be prevented.

Dental/Oral Health

Prevent tooth decay by having a professional check your child's teeth (or yours, if you're pregnant), protect your child's teeth with fluoride, and get a referral to a dentist if you need one.

First Teeth First

Maricopa County Department of Public Health

Berenise Bauer | (602) 372-4650

Berenise.Bauer@maricopa.gov

Well-Child Programs

Get information, assistance and referrals from a developmental specialist to help you support the health and development of your young child.

Avondale Family Health Center

Maricopa Integrated Health System

(623) 344-6800

Nutrition and Physical Activity

Participate in a series of fun classes to be more informed about nutrition and wellness and help motivate your family to eat healthy and be physically active.

Nutrition and Physical Activity Program

Maricopa County Department of Public Health

Jasmine Sanchez | (602) 568-9771

jasmine.sanchez@maricopa.gov



Quality Child Care and Preschool

Quality early learning programs help young children learn, grow and thrive. More than 1,000 child care centers, homes and preschool programs in Arizona participate in Quality First to improve the quality of early learning for kids from birth to age 5. Many offer Quality First Scholarships to help low-income families afford quality early care and education.



Learn more and find programs near you at: QualityFirstAZ.com



Birth to Five Helpline

A free service available to all Arizona families with young children, (as well as parents-to-be), who have questions about their baby, toddler or preschooler. Ask experts about your child's feeding, sleep, behavior or any other concern. The Birth to Five Helpline is here to help.



Southwest Human Development

1-877-705-KIDS (5437)

birthtofivehelpline.org

LEARN MORE

<https://www.firstthingsfirst.org/regions/southwest-maricopa/>
(602) 771-4960

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Space may be limited and eligibility requirements may apply. While this listing only includes programs funded by First Things First, many of them can connect you with additional services that might be right for you.

In accordance with the Americans with Disabilities Act, First Things First (FTF) will not discriminate on the basis of disability in its services, programs or activities. Qualified individuals with disabilities may request auxiliary aids and services to make information and communications accessible as well as request reasonable modifications to policies and programs so that they can participate equally in FTF's services, programs and activities. For assistance, contact FTF at (602) 771-5057. This document was last modified on 06/15/2022.