

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 Yuma Region includes San Luis, Gadsden, Somerton, Yuma, Foothills, Wellton, Roll, Tacna and Dateland.



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.

**Active Parenting: First Five Years**  
**Arizona's Children Association**  
Esther Olewinski | (928) 304-6379  
[eolewinski@arizonaschildren.org](mailto:eolewinski@arizonaschildren.org)

### Family Support for Children with Developmental Concerns

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.

**Yuma Parents as Teachers for Special Needs Program**  
**Easter Seals Blake Foundation**  
Catherine Wallis | (928) 248-5112  
[cwallis@blake.easterseals.com](mailto:cwallis@blake.easterseals.com)

### 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.

**Yuma Parents as Teachers Program**  
**Easter Seals Blake Foundation**  
Catherine Wallis | (928) 248-5112  
[cwallis@blake.easterseals.com](mailto:cwallis@blake.easterseals.com)

**Healthy Families**  
**Child & Family Resources**  
Patty Garcia | (928) 783-4003 x 20  
[pgarcia@cfraz.org](mailto:pgarcia@cfraz.org)

### 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.

**Family Education and Support Services - Family, Friend and Neighbor Care Program**  
**Arizona's Children Association**  
Esther Olewinski | (928) 304-6379  
[eolewinski@arizonaschildren.org](mailto:eolewinski@arizonaschildren.org)

### Community Based Language and Literacy

Gives parents and families of young children the opportunity to participate in language and literacy workshops at community locations, such as libraries, schools or housing complexes. The workshops may be one-time, one-day events or may be ongoing, but they all include opportunities for parents to learn about early language and literacy in a group setting.

**Community Based Language and Literacy**  
**Arizona's Children Association**  
Esther Olewinski | (928) 304-6379  
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## 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 Smiles Yuma**  
**University of Arizona Cooperative Extension, Yuma**  
Megan Pliska | (928) 726-3904  
meganmcneece@email.arizona.edu



## 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.

**QUALITY FIRST**   
# FIRST THINGS FIRST  
Learn more and find programs near you at: **FirstThingsFirst.org**



## 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.

**Birth to Five HELPLINE**   
"Nothing Out of the Question"  
**Southwest Human Development**  
1-877-705-KIDS (5437)  
birthtofivehelpline.org

## LEARN MORE

For more information about how First Things First supports the healthy development and learning of young children in our community, visit us at **FirstThingsFirst.org/Regions/Yuma** or call **928.383.3020**.

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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 12/27/2023.

SCAN QR CODE  
TO FIND PROGRAMS  
IN YOUR AREA

