

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 boundaries of the First Things First Cocopah Tribe Region match those of the Cocopah Reservation. The Reservation is comprised of three noncontiguous regions: East, North and West Reservations.



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.

### 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.

**Cocopah Early Steps Program**

**Cocopah Indian Tribe**

(928) 304-8312

[communications@cocopah.com](mailto:communications@cocopah.com)



## 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.

### 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.

**Cocopah Community Center**

(928) 627-5658

[communications@cocopah.com](mailto:communications@cocopah.com)



## Quality Child Care and Preschool

Quality early learning programs help young children learn, grow and thrive. Cocopah Head Start participates in Quality First to improve the quality of early learning for kids from birth to age 5.



Learn more and find programs near you at: [FirstThingsFirst.org](https://FirstThingsFirst.org)

### Summer Transition to Kindergarten

Helps children who may not have had any preschool experiences and their families to prepare for the transition to kindergarten.

**Super Why**

(480) 362-2400

[azpbs@asu.edu](mailto:azpbs@asu.edu)



## 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](http://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/Cocopah-Tribe](http://FirstThingsFirst.org/Regions/Cocopah-Tribe) or call **928.343.3020**.

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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 07/11/2024.*

**SCAN QR CODE  
TO FIND PROGRAMS  
IN YOUR AREA**

