

Family Resource Guide & Calendar

WHITE MOUNTAIN APACHE TRIBE

2025



 FIRST THINGS FIRST



About First Things First

Approved by Arizona voters, First Things First (FTF) works to ensure that your youngest children have access to quality early childhood experiences so they will start school healthy and ready to succeed. Across the state, FTF Regional Partnerships Councils — in collaboration with local leaders — identify the education and health needs of children birth through age 5 in their communities and fund strategies to address those needs.

First Things First White Mountain Apache Regional Partnership Council

Laurel Endfield, Chair

Dawnafe Whitesinger, Vice Chair

Terrie Parker, Member

Derrick Leslie, Member

Mona Lupe, Member

Michelle Classay, Member

Ardith Titla, Member

Jandi Craig, Member

Josenia Ngo, Member

Jelayne Samuel, Member

First Things First White Mountain Apache Region Staff

Feather Beatty, Regional Director, White Mountain Apache Tribe,
fbeatty@firstthingsfirst.org

Ellen Felty, Administrative Assistant III - Northeast Region,
efelty@firstthingsfirst.org

Kymani Morris, Administrative Assistant II - Navajo/Apache & White Mountain Apache Tribe,
kmorris@firstthingsfirst.org

Britany Crosby, Community Engagement Coordinator,
bcrosby@firstthingsfirst.org

Sylvia Hinton, Program Coordination Specialist,
shinton@firstthingsfirst.org

Peter Van Wyck, Sr Regional Director
pvanwyck@firstthingsfirst.org

Address: Regional Office
1630 E White Mountain Blvd, Suite C2
Pinetop, AZ 85935

Open: Mon-Fri, 8am – 5pm
Ages Served: 0 – 5

Phone: (928 532-5041)

Website: www.FirstThingsFirst.org
<https://www.firstthingsfirst.org/regions/white-mountain-apache-tribe/>

Services Offered: Funding for early childhood development and health programs.

Mission: Our purpose is to increase the quality of, and access to, the early childhood development and health system to ensure each child starts school healthy and ready to succeed.

 Like us on Facebook.com/AZFirstThingsFirst

 On Twitter: Follow us! @AZFTF

DA GO TÉ

Strong families are the cornerstone of strong communities. The experiences our children have – starting at birth – affect everything from their physical well-being to their lifelong health and their ability to be productive and contributing members of our communities.

Families are their child's first and best teachers, so it is important that parents and caregivers have the information and support they need to make the best choices for themselves and their families. Every family is different and their needs will vary.

First Things First developed this guide as a resource to families on the programs, organizations and resources available in our area. In addition, the staff at the First Things First office (928.532.5041) are available to help families looking for programs specifically related to supporting the health and development of young children and families.

We hope this information will be useful as we work together to build a better future for our children, our families and our community!

Laurel Endfield, *Chair*

Dawnafe Whitesinger, *Vice Chair*



 **FIRST THINGS FIRST**
White Mountain Apache Tribe Region

Letter from WMAT Regional Director About First Things First

First Things First is Arizona's only public funding source dedicated exclusively to early childhood, the beginning of our state's education continuum.

On November 7, 2006, Arizonans made a historic decision on behalf of our state's young children. By majority vote, they passed Proposition 203, a citizen's initiative to fund quality early childhood development and health programs for kids birth to age 5, before kindergarten. Voters backed that commitment with an 80-cent per pack increase on tobacco products, so that funding for early childhood services would not be at the mercy of economic and political winds.

The initiative also created the statewide First Things First Board and regional partnership councils to share the responsibility of ensuring that these funds are spent on strategies that will result in improved education and health outcomes for Arizona's young children.

The early childhood years are when the brain grows and develops the most. In fact, 90% of a child's brain growth happens by age 5, before they start kindergarten. And scientific research has shown that a child's experiences in their early years affect how their brain develops.

Research has also proven that kids with quality early childhood experiences do better in school. They are more likely to go to college and have successful careers. They also tend to be healthier and demand less from the public welfare system.

That's why First Things First partners with families and communities to help kids have the positive, nurturing experiences they need to arrive at school ready to succeed. We do this through quality early care and education programs, preventive health efforts, and supporting parents in their role as their child's first teachers.

The FTF White Mountain Apache Tribe Regional Partnership Council makes strategic investments to support the healthy development and learning of the young children in the region. The regional council's priorities include:

- Scholarships for children to access high-quality early learning
- Strengthening families through support for children with special needs
- Supporting early literacy by connecting families and children to their language and culture

Table of Contents

Early Childhood Development Information	6
White Mountain Apache Resources for Families.....	7
Important Information and Links	13
Apache Language/Ndee Biyat'i'	14
Clans	15
Daily Routine Template	16
List of Holidays for the Year	17
Holiday and Family Planner – Shik'ii bah' Nagohchi'	17
Birth to Five Helpline Information	30
Notes	31

Early Childhood Development Information

Developmental & Special Needs Resource

Early Intervention Services on the White Mountain Apache Tribe/Fort Apache Indian Reservation

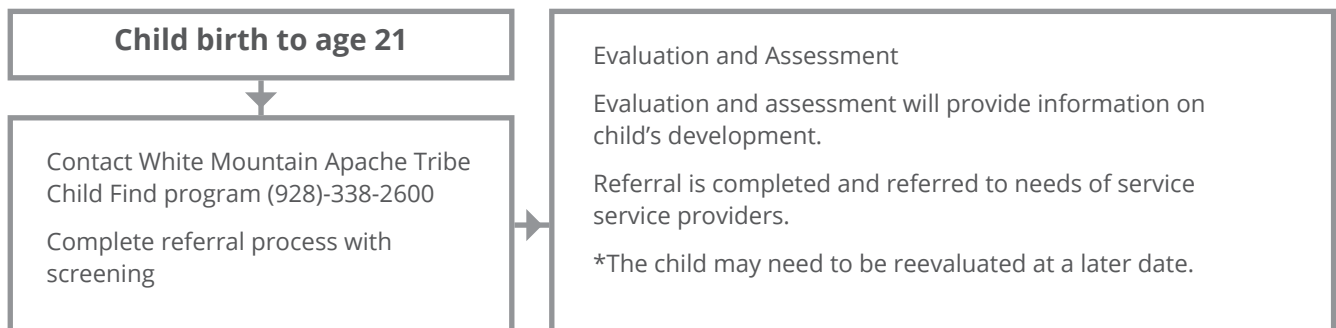
Child Identification

The early identification of your child's development will help your child to receive service for their speech, hearing, vision, or physical need. Addressing the developmental concern can be completed by parents/guardians, caregiver, relative, home visitor, child care provider, caretaker, home visitors, school teacher, or health care provider providing:

- Observation– Sharing how the child plays, sees, hears, interacts with you and others, learns, and communicates.
- Developmental milestone or developmental screening completed.
- Measure of cognitive (thinking) function
- Attention span
- Executive functions (planning, organizing, cognitive abilities, working memory, problem-solving skills, approaches task, learning).
- Language
- Visual-spatial skills
- Behavior (how the child performs independently in everyday life).
- Social and Emotional abilities (reaction, eye contact, initiating social interaction, preference of playing alone)
- Academic ability

Child ages birth to five

- After notification by parent/guardian(s) of concern regarding development or educational concern of their child.
- Information from observation and any milestone/developmental screening completed.



Importance of Early Intervention

Early intervention can improve the quality of children daily home lives, family relationship, and meet their needs at an early age.

White Mountain Apache Resources for Families

EARLY CHILDHOOD INTERVENTION

White Mountain Apache Child Find Program

Whiteriver Child Find
600 S Chief Ave. PO Box 430
Whiteriver, AZ 85941
(928) 338-2600

Cibecue Child Find
141 Timber Dr. PO Box 80147
Cibecue, AZ 85911
(928) 332-2499

Open: Mon-Thur, 9am – 3:30pm
Ages Served: 0 – 5 Services Offered: Early intervention screening and parent coaching.

Indian Health Services Pediatric Department/Primary Care physician

(928) 338-4911 ext. 3633

Arizona Early Intervention Program

3839 N 3rd Street, Ste 304 PO Box 1240
Phoenix, AZ 85012
(928) 587-5979

Ages Served: 0 – 3 Services Offered: Early intervention services

Northland Therapy Services

1294 Fawn Brook Dr.
Show Low, AZ 85901
(928) 532-1532

Ages Served: 0 – 3 Services Offered: Early intervention services

Whiteriver School District-Special Needs Program

959 S Chief Ave. PO Box 190
Whiteriver, AZ 85941
(928) 338-4842

Open: Mon-Fri, 8am – 5pm

Ages Served: 3 – 5 Services Offered: Early intervention screening and special needs pre-school.

EARLY CHILDHOOD EDUCATION

White Mountain Apache Head Start

311 N 1st St,
Whiteriver, AZ 85941
(928) 338-4938

Cibecue Head Start
24 North Cromwell Road, Cibecue AZ
(928) 332-2581

Mc Nary Head Start
North Evergreen Road, Mc Nary AZ
(928) 334-2165

Ages Served: 3 – 4

Services Offered: Early childhood education.

Mission: Head Start believes that all children should reach their full potential, every child can succeed, we can impact the success of “at risk” children, and quality early education fundamentally transforms children and families.

Dishchii’bikoh Community School Preschool

Mailing Address:
PO Box 80068, Cibecue, AZ 85911

Physical Address:
211 S. Elm Circle, Cibecue, AZ 85911

Phone: (928)332-2444

CHILD CARE

ABC Day Care Center

105 S Cypress PO Box 190
Whiteriver, AZ 85941

(928) 358-5715

Open: Mon-Fri, 7am – 6pm

Services Offered: Child care for ages 0 – 12

Chaghache Day Care Center

309 N 2nd Ave. PO Box 1299
Whiteriver, AZ 85941

(928) 338-4555

Open: Mon-Fri, 8am – 5pm

Services Offered: Child care for ages 6 mo. – 12 years

EARLY CHILDHOOD SERVICES

Apache Behavioral Health Services

THRIVE: BIRTH TO FIVE (0-5 YEARS)

249 W Ponderosa Street
Whiteriver, AZ 85941

(928) 338-4811

Learning to live healthy daily lives begins at any age. We work with parents of children under age five to help the family improve social, emotional, and mental health.

First Things First White Mountain Apache Tribe Region

Family Support and Literacy Systems Change
1630 E White Mountain Blvd., Ste C2
Pinetop, AZ 85935

(928) 532-5041

Open: Mon-Fri, 8am – 5pm

Ages Served: 0 – 5

Services Offered: Community resource events quarterly, Workshops for two generational families, and program services referral implementation. Funding for early childhood development and health programs.

Mission: Our purpose is to increase the quality of, and access to, the early childhood

I.H.S. Child Birthing Classes

PO Box 860
Whiteriver, AZ 85941

(928) 338-4911 ext. 3686

Open: 1st Thursday of the month

Ages Serviced: All

Services Offered: Childbirth education classes for pregnant women, post-partum and newborn education classes.

I.H.S. Reach Out and Read Program

308 Kuper St. PO Box 1240
Whiteriver, AZ 85941

(928) 338-4911

Open: Mon-Fri, 8am – 5pm

Ages Served: 0 – 5

Services Offered: Early literacy information and resources for children ages 0 – 5.

Reach Out and Read Arizona

205 W F-Bar Ln. PO Box 1790
Snowflake, AZ 85937

(928) 380-3506

Open: Mon-Fri, 8am – 5pm

Ages Served: 0 – 5

Services Offered: Early literacy information and resources for children.

Mission: To prepare American's youngest children to succeed in school by partnering with doctors to prescribe books and encourage families to read together.

Woman, Infants, Children (WIC)

100 E Walnut St. PO Box 18
Whiteriver, AZ 85941

(928) 338-4232

Open: Mon-Thurs, 7am – 5pm; Fri 8am – 12pm

Ages Served: 0 – 5

Service Offered: Food and nutrition service.

Mission: WIC provides federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breast feeding and non-pregnant post-partum women, and to infants and children up to age five who are found to be at nutritional risk.

DISABILITIES AND SPECIAL NEEDS

AZ Find

Child find is a component of the Individuals with Disabilities Education Act (IDEA '04) that requires Public Education Agencies (PEA) to locate, identify, and evaluate all children with disabilities, aged birth through 2.

AZ FIND Contact Information

Phone: 602-542-4013

<https://www.azed.gov/specialeducation/az-find>

DES DDD Service Center

The Division of Developmental Disabilities empowers individuals with developmental disabilities to lead self-directed, healthy and meaningful lives. DDD provides supports and services for eligible Arizonans. DDD provides supports and services to individuals diagnosed with one of the following developmental disabilities:

- Autism
- Cerebral palsy
- Epilepsy
- Cognitive / Intellectual Disability
- Down Syndrome or
- Are under the age of six and at risk of having a Developmental Disability

DDDCustomerServiceCenter@azdes.gov

Toll Free (844) 770-9500 option 1 TTY/TDD 711

Fax: (602) 542-6870

Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m. (AZ Time)

Disability Law and Rights Organizations

Native American Disability Law Center

Toll-free: 1(800) 862-7271

Arizona Center for Disability Law, Inc.

Website: azdisabilitylaw.org

Toll-free: 1(800) 927-2260

Raising Special Kids

5025 E. Washington St., Ste. 204

Phoenix AZ 85034

Phone: 602-242-4366 or 800-237-3007

Email: info@raisingspecialkids.org

Family Referral Form

<https://raisingspecialkids.org/refer-a-family/>

FAMILY NEEDS

Arizona Department of Economic Security

2500 E Cooley, Ste 410

Show Low, AZ 85901

(928) 532-4313

Ages Served: All

www.azdes.gov

Cibecue Housing Authority

30 S Dale Dr.

Cibecue, AZ 85911

(928) 332-2440

Open: Mon-Thur 7:30am – 5pm; Fri, 8am – 12pm

Ages Served: All

Community Development Corporation

1114 Hon-Dah Dr. PO Box 550

McNary, AZ 85930

(928) 369-1753 Open: Mon & Fri, 8am – 4pm

Ages Served: All

Food Distribution

PO Box 2019

Whiteriver, AZ 85941

(928) 338-4964

Open: Mon-Thur, 8am – 4pm

Ages Served: All

Services Offered: Food services

FAMILY NEEDS

Mc Nary Housing Authority

928-338-4831

Ask for Mc Nary Housing

Navajo County Public Health Services Vital Records

117 E Buffalo St.
Holbrook, AZ 85025

928-524-4750

Open Monday- Thursday 8 am to 4:30 pm

Whiteriver Housing Authority

50 W Chinatown St. PO Box 1270
Whiteriver, AZ 85941

(928) 338-4831

Open: Mon-Thur 7:30am – 5pm; Fri, 8am – 12pm

Ages Served: All Services Offered: Rental and home ownership, resident opportunity programs, education assistance.

White Mountain Apache Tribe Division of Transportation

1318-A S Chief Ave. PO Box 1710
Whiteriver, AZ 85941

(928) 338-5155

Website: www.wmatdot.com

Office Open: Mon-Fri, 8am – 5pm

Transit: 6am – 1:45pm; does not run every 3rd Friday and tribal holidays

Woman, Infants, Children (WIC)

100 E Walnut St. PO Box 18
Whiteriver, AZ 85941

(928) 338-4232

Open: Mon-Thurs, 7am – 5pm; Fri 8am – 12pm

Ages Served: 0 – 5 Service Offered: Food and nutrition service.

Mission: WIC provides federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breast feeding and non-pregnant post-partum women, and to infants and children up to age five who are found to be at nutritional risk.

Food Banks

Arizona Food Banks

<https://azfoodbanks.org/get-food>

Canyon Day Assembly of God Food Pantry

4518 West 7th St
Whiteriver AZ 85941

2nd Fridays at 12PM. - 3PM

Updated: 7/2022

HOPE Center Ministries Food Pantry

123 E Manzanita street
Whiteriver, Az 85941

Mon - Fri 12:00 am - 5:00 pm.

Updated 10/2023

White Mountain Apache Tribe Food Distribution Program

1101 S Maverick Ave
Whiteriver AZ 85941

Monday - Friday, 8AM - 4PM.

Call for services.

White Mountain Catholic Charities: Pinetop Lakeside Food Bank

3807 Porter Mtn. Rd
Lakeside AZ 85929

Tuesday and Thursday; 8AM - 2PM. Updated: 7/2022

White Mountain Catholic Charities: Whiteriver

312 N Chief Ave
Whiteriver AZ 85941

4th Thu of the month 8AM - 4PM.

Updated: 7/202

Utilities

CBQ Utility & Maintenance

(928) 322-2427

Navoapache Electric Cooperative

202 E Walnut St.
Whiteriver, AZ 85941

(928)368-5118

Open: Mon – Thur, 8am – 5pm

Website: www.navopache.org

FAMILY NEEDS

Utilities

Public Works

1322 S Industrial Road
PO Box 1038
Whiteriver, AZ 85941
(928) 338-1504
Open: Mon-Fri, 8am – 5pm
Services Offered: Water and trash
Utility Office
1306 S Industrial Road
PO Box 517
Whiteriver, AZ 85941
(928) 338-4825
Open: Mon-Fri, 8am – 5pm

Tribal Social Services

100 E Walnut St.
Whiteriver, AZ 85941
(928) 338-4164
Open: Mon-Fri, 8am – 5pm
Ages Served: All
Services Offered: General Assistance, adult care services, adoption, foster care, child protective services, TANF, domestic violence prevention classes and burial assistance.

Work Force Innovation and Opportunity Act Program

100 E Walnut Street
PO Box 520
Whiteriver, AZ 85941
(928) 338-4818
Open: Mon-Fri, 8am – 5pm
Ages Served: 18+
Services Offered: GED classes/work force training.

LIBRARY AND LITERACY RESOURCE

Cibecue Community Library

6 West 3rd St. PO Box 80009
Cibecue, AZ 85911
928-532-6240
Email: cbqlibrary@wmat.us
Mon - Thurs: 9:00 am - 4:45 pm Fri: 9:00 am - 12:00 pm

McNary Community Library

208 W. Pine P.O. Box 586
McNary, AZ 85930
Tues: 1:00 pm - 4:00 p.m

Reach out and Read:

<https://reachoutandread.org/>

Dolly Parton's Imagination library:

<https://imaginationlibrary.com/news-resources/parent-resources/>

Unite for literacy:

<https://imaginationlibrary.com/news-resources/parent-resources/>

Libby:

Families can download free books to a Kindle, tablet or smartphone through local libraries using the Libby app.
<https://libbyapp.com/shelf>

The local library:

Visiting the library is a great way to encourage a love of books and reading. Families can borrow children's books and participate in free story times and early learning activities. <https://libraryfinder.org/>

Whiteriver Public Library

100 E. Walnut St. P.O. Box 370
Whiteriver, AZ 85941
Phone: (928) 594-3164
taravataha@wmat.us
Regular Hours: Mon - Thurs: 10:00 am - 4:00 pm
Closed: Friday - Sunday

PUBLIC SAFETY

For an Emergency please call: 911

Emergency Medical Services

103 W Rainbow St
Whiteriver AZ, 85941
928-338-3095 WR
928-338-3097 Fax
928-332-2302 CBQ
928-334-2352 Hon-Dah

Poison Control

1-800-222-1222

Domestic Violence Hotline -

1-800-799-SAFE (7233)

White Mountain Apache Tribe Community CPR & First Aid

<https://wmatcpr.com/>

White Mountain Apache Police Department

Whiteriver Police Station
928-338-4942
Hon-Dah Police Substation
928-334-2203
Cibecue Police Station
928-332-2555

White Mountain Apache Fire & Rescue Department

Fire Administration
928-338-1701
Whiteriver Fire Station 810
928-338-4311
Cibecue Fire Station 820
928-332-2401
Hon Dah Fire Station 830
928-334-2206

Important Information and Links:

Apache Diabetes Wellness Center

928-338-5278

Birth to Five Helpline -

1-877-705-KIDS (5437)

Breast Feeding Hotline -

1-800-833-4642

Breastfeeding Support and Services

928-338-4042

Cibecue Community Health Representative

928-332-2310

Cibecue Indian Health Service

928-332-4555

Community Health Representatives

928-338-4822

Health Education

928-338-4953

I.H.S. Birthing Center

928-338-3728

I.H.S. Birthing Classes

928-338-4911 ext. 3686

I.H.S. Diabetes Department

928-338-3665

I.H.S. Dietary Department

928-338-3575

I.H.S. Physical Therapy

928-338-4911 ext. 3606

I.H.S. Public Health Nursing Department

928-338-3684

I.H.S. Social Services Department

928-338-3671

John Hopkins Center for American Indian Health

928-338-5215

Lactation Support -

1-800-LALECHE (525-3243)

Navajo County Public Health Services

928-532-6050

Navajo County Public Health Services Teen Pregnancy Prevention

928-532-6050

For information on Bike Helmet Safety visit:

www.kidshealth.org/kid/watch/out/bike_safety.html

For information on Car Seat Safety visit:

www.safercar.gov/parents/CarSeats/Car-Seat-Safety.htm

www.safekids.org/car-seat

For information on Child Development visit:

www.cdc.gov/ncbddd/childdevelopment/index.html

www.extension.arizona.edu/developmental-sensory-screening

www.whattoexpect.com/milestones/

<https://www.missionwv.org/mwv-articles/2023/9/7/positive-parenting-tips-cdc>

For information on Healthy Children.org visit

www.healthychildren.org

For information on Recalls visit:

www.nhtsa.gov/Vehicle+Safety/Recalls+&+Defects

www.recalls.gov

For information on Poison Control visit:

www.azpoison.com

For information about Vaccines/Immunizations visit:

www.immunize.org

www.cdc.gov

www.whymmunize.org

For more Family Resources visit:

<https://www.firstthingsfirst.org/regions/white-mountain-apache-tribe/>

Postpartum Support International-AZ

Call or Text our Helpline 1-800-944-4773 (4PPD)

<https://psichapters.com/az/>

Apache Language / Ndee biyati'i

COUNTING

One - dalaá	Six - gostán
Two - naki	Seven - gosts'igi
Three - táági	Eight - tsebíi
Four - dii'i	Nine - ngost'ái
Five - ashdla'i	Ten - goneznán

BODY PARTS

Head (its/his/her head) - bitsits'in	Back n. (his back) - bighán
Hair n. (its/his/her hair) - bitsizíl	Nose n. (his nose) - bichíh
Hand n. (his hand) - bigan	Ears n. - bijaa'
Stomach n. (his stomach) - bibig	Eyes n. (his eyes) - bidáá'
Shoulder n. (his shoulder) - biwos	Feet n. - bikee'
Mouth (my mouth) - shizé	Fingers n. (his fingers) - bilagan

COLORS

Black - diłhił	Blue - dot'izihíí
Red - Łichíí	Pink - dełich'íé
Yellow - Łitsog	Green - dot'izihíí
White - Łigai	Gray - libááí
Brown - hishtłish	

ANIMALS

Duck - nal'eei	Snake - tł'iish
Antelope - jaagé	Turkey - tazhii
Bear - shash	Turkey Vulture - ch'ishoogi
Beaver - chaa	Dog - Góshé or Łichánee
Butterfly - doolé	Fish - łóg
Cat - gídí	Eagle - itsá
Horse - biłii'	Crow - gaagé
Pig - góchi'	Skunk - golízhi
Rabbit - gah	Deer - bjiłh

MONTHS

January - Shashke' Bear tracks	July - itsi'dildzig The meat spoils
February - Bo'shch'ii' The owl hoots	August - Binist'an'ts'ose' Little harvest (its beginning)
March - Tsi na'daaze' The trees are swept clean (by the wind)	September - Binist'an'cho Big harvest
April - T'aa'na'chil The leaf buds are swelling	October - Ghaazhi' Summer is gone, winter is here
May - T'aa'na'cho The leaves are full grown	November - Zas nlt'ees Sizzling snow (it causes frost bite)
June - nii'che'he' The face is painted red (with cactus juice)	December - Ko'baa na'lk'as Cold even around the fire

DAYS OF THE WEEK

Sunday - Godin'Isih	Thursday - Iskaa Na'yobaas
Monday - Ch' i'itaa'	Friday - Nayobaas
Tuesday - Daana' Ch' i'itaa'	Saturday - Da'iyahé'go Godin'Isih'
Wednesday - Naki iskaa Nayobaas	

COMMUNITIES

Cibecue - Dishchii'bikoh	Upper East Fork -
Carrizo - Gaadisoh	Hawu'ishiihe'
Forestdale - Tu'nesdo'ze'	Whiteriver - Ch'ilwozh
Cedar Creek - Bide'yu	North Fork - Tsee' tiahn
R-14 Ranch - Na'ditin	Hondah - Ha'andah'
Silver Butte - Dził' nada'ha'	Mc Nary - Chaabito'
Canyon Day - Yangongai	Diamond Creek - Tunkoozhe'
Fort Apache - Tl'oghagai	Rainbow City - Tsi' ahtsilgai
Seven Mile - Tsi' da'isk'ige'	Cradleboard - Me'bits'al danalk'id

Apache Language / Ndee biyati'i

FAMILY MEMBERS

Father - n. (my father) - shitaa'	Great grandchild/children - shik'ise
Mother - n. (my mother) - Shi'maa	Aunt (mother's sister) - shik'a'a"
Baby- n. - mé'	Uncle (mother's brother) - shida'a"
Brother - (man to man, woman to woman) shik'isn	Uncle/aunt - Shibeezhe'"
Sister - (woman to man, man to woman) Shilah	Relatives - from mother's side is same terms as brothers and sisters. -
Daughter - (man to woman) shitsi'	cousin (man to woman, woman to man relative) - shizeege'
Daughte r- (woman to woman) shizhaazhe'"	cousin (man to man) - shila'aash
Son - (man to man) shiye'	Children - n. - chagáshé
Son - (woman to man) shizhaazhe'	Girls - n. - ch'ikii
Older brother/older sister - shidee	Boys n. - Sheekeen
Younger brother/younger sister - shidizhe'	House - n. - bikih
Grandfather - n.(mother's father) - shiwóyé hastiin	Woman - n. - Isdzán
Grandmother n. (Mother's side) - shi'woye'	Man - Ndeen'
Grandfather (father's father) - shidaale'	
Grandmother (father's mother) - shich'ine	

Clans

GOSHDIYE - ROADRUNNER CLAN

Nadots'oosin - Slender peak standing up people
Ndee Ndeezn - Tall people
Biszaha - Adobe cut back people
Yani'go'e - (Name of a place)
T'iiss Lenti'n - Connecting row of cotton people

SHASH - BEAR CLAN

Nagodishgizhn - Between two hills people
T'iiskaadn - Cottonwood standing people
Dzil Lenti'n - Connecting mountain people
Ndaalolchin - Mixed breed people
Dishchiidn - Horizontally red people
Nakaiye - Mexican breed people

DOOLE - BUTTERFLY CLAN

Tlohk'aa'dogain - Row of white corn people
Nilchil Nti'n - Connecting pine trees people
Be'litsoon - Made yellow people
Tsech'ishjine - Two rows of yellow pine joining people
Golkizhn - Marked on ground people
Doshdo'e - Fly infested soup people
Tsekine - Rock house people
Ha'ii'aha - Sunrise people
Gohin
Chich'ilchoh Sikaadn - White oak rows people
Sai Yagaidn - White Sand people

ITSA - EAGLE CLAN

Tugaidn - White water people
Iyahaiye - Mesquite people
Tu'dilhile - Black water people
Tendolzhage - A ridge jutting out into the river people
Tseti'an - Rock sticking in the water people

Daily Routine Template

TIME	ACTIVITY	DESCRIPTION
<i>Before 9:00 a.m.</i>	<i>Wake up</i>	<i>Make your bed, eat breakfast, brush teeth, get dressed</i>

- Example of daily schedule*
- Wake up! Make your bed, eat breakfast, brush teeth, get dressed
 - Outdoor Time Family walk or outdoor play
 - Academic Time Reading, math, drawing, and language time
 - Creative Time Creative play, drawing, Legos, crafts, music, cooking, baking
 - LUNCH
 - Home Chores Clean rooms, put away toys, take out garbage, pet care
 - Quiet Time Reading, nap, puzzles, yoga
 - Academic Time Electronics OK! Educational games, online activities, virtual museum tours
 - Outdoor time Family walk or outdoor play
 - Dinner time Family dinner, help with clean-up and dishes
 - Bath time Bath or shower
 - Reading/TV time Relaxing before bedtime
 - PM Bedtime Put on PJs, brush teeth, clothes in laundry

Holidays and Observances:

Jan 1 - New Year's Day
Jan 15 - Martin Luther King Jr. Day
Feb 14 - Valentine's Day
Feb 19 - Presidents' Day
Mar 17 - St. Patrick's Day
Mar 31 - Easter Sunday
Apr 1 - Easter Monday
Apr 15 - Tax Day
May 5 - Cinco de Mayo

May 12 - Mother's Day
May 27 - Memorial Day
Jun 14 - Flag Day
Jun 16 - Father's Day
Jun 19 - Juneteenth
Jul 4 - Independence Day
Sep 2 - Labor Day
Oct 14 - Columbus Day/Native
American Day

Oct 31 - Halloween
Nov 5 - Election Day
Nov 11 - Veterans Day
Nov 28 - Thanksgiving Day
Nov 29 - Black Friday
Dec 24 - Christmas Eve
Dec 25 - Christmas Day
Dec 31 - New Year's Eve

Holiday and Family Planner – Shik'ii bah' Nagohchi'

Family Support and Literacy Systems Change

Who: You and your child are invited to attend First time families with children birth to age five, teen parents and caregivers. Family orientend!

What: Hands-on opportunities for families with children birth to age five to learn about early childhood education, early childhood development (eating, sleeping, gross motor development), early language and literacy development, health (prenatal care, and oral health), and family support of positive parenting practices.

Where &

When: Montly (Beginning February 2024) in each community from Mc Nary to Cibecue.

RSVP: 928-532-5041 Call to receive information on place and time of Work shop information. Incentives will be distributed for your child when you attend a session.

Family Resource Events

On the White Mountain Apache reservation

Who: Families of children birth to five years.

What: Come join our Community Event and learn about the local opportunities related to early childhood education, early childhood development, health, and family support for families and children birth to age five.

Where: TBA Please call 928-532-5041 to receive information.

When: March (Cibecue community), June (Mc Nary Community), September (East Fork/Seven Mile/Turkey Creek Community), December (Whiteriver Community).

January 2025

Shashke' - Bear tracks

Encourage children participation with books by providing opportunities to look at the pictures, read the story, and ask questions about the story. *infants can begin by patting the pages and use lift-the-flap books.

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyah'e'go Godin'Isih'</i>
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Jr. Day	21	22	23	24	25
26	27	28	29	30	31	

Goals for the Month:

Notes/Reminders/Appointments:

*"It does not require many words to speak the truth." - Chief Joseph
Chief Joseph (1840-1904) was a leader of the Wal-lam-wat-kain (Wallowa) band of Nez Perce, a tribe from the interior Pacific Northwest.*

February 2025

Bo'shch'ii' - The owl hoots

Encourage toddler to hold the book, turn the pages, model pointing to and naming object. Have the child do the same of pointing and labeling.

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyah'e'go Godin'Isih'</i>
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 President's Day	18	19	20	21	22
23	24	25	26	27	28	

Goals for the Month:

Notes/Reminders/Appointments:

"The secret of our success is that we never, never give up." – Wilma Mankiller
Wilma Mankiller (1945-2010) was a Native American activist, community organizer, and social worker. She was the first woman elected as Principal Chief of the Cherokee Nation.

March 2025

With children, have conversation about the stories. Ask open-ended questions, keep conversation going. Use pictures as clues to share what they see, and discuss the clues.

Tsi na'daaze' - The trees are swept clean (by the wind)

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyaha'go Godin'Isih'</i>
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 St. Patrick's Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Goals for the Month:

Notes/Reminders/Appointments:

"We are what we imagine. Our very existence consists in our imagination of ourselves. Our best destiny is to imagine, at least, completely, who and what, and that we are. The greatest tragedy that can befall us is to go unimagined."- N. Scott Momaday
Momaday is a Kiowa writer and poet.

April 2025

When reading aloud to your child, point to printed words with your finger. This helps the child build the skill of connecting print to spoken words and learn the model of reading direction is left to right.

T'aa'na'chil - The leaf buds are swelling

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyah'e'go Godin'Isih'</i>
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Tax Day	16	17	18	19
20 Easter	21 Easter Monday	22	23	24	25	26
27	28	29	30			

Goals for the Month:

Notes/Reminders/Appointments:

*"We only have one earth. Let's take care of it." - Deb Haaland
Deb Haaland is an American politician and enrolled member of the Laguna Pueblo tribe.*

May 2025

Make reading a fun experience. Find a relaxing place to slow down and experience joy in reading. When you do, the children will follow your lead and engage with books.

T'aa'na'cho - The leaves are full grown

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyaha'go Godin'Isih'</i>
				1	2	3
4	5 Cinco de Mayo	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31

Goals for the Month:

Notes/Reminders/Appointments:

When you know who you are; when your mission is clear and you burn with the inner fire of unbreakable will; no cold can touch your heart; no deluge can dampen your purpose. You know that you are alive.
— Chief Seattle

June 2025

Reading with your child is a priceless gift. Children will benefit from reading experiences now and the rest of their lives you provide.

nii'che'he' - The face is painted red (with cactus juice)

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyah'e'go Godin'Isih'</i>
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Flag Day
15 Father's Day	16	17	18	19 Juneteenth	20	21
22	23	24	25	26	27	28
29	30					

Goals for the Month:

Notes/Reminders/Appointments:

"A very great vision is needed, and the man who has it must follow it as the eagle seeks the deepest blue of the sky"
--Crazy Horse, Sioux Chief

July 2025

Play with your child. Young children learn through play. Get on the floor with them and explore a cardboard box, creating facial expression, and playing peek-a-boo encourages them to use their senses and imagination. Playing with your child helps them feel safe, secure, and loved.

itsi'dildzig - The meat spoils

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyaha'go Godin'Isih'</i>
		1	2	3	4 Independence Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Goals for the Month:

Notes/Reminders/Appointments:

*"Wisdom and peace come when you start living the life the creator intended for you."
--Geronimo*

August 2025

Take your child out for a walk. Getting fresh air creates a bonding experience for you and your child. As you take your walk, label objects for your child, play "I spy," and share conversations applying their senses (touch, hear, smell, and see).

Binist'an'ts'ose' - Little harvest (its beginning)

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyah'e'go Godin'Isih'</i>
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Goals for the Month:

Notes/Reminders/Appointments:

Remember that your children are not your own, but are lent to you by the Creator.

— Mohawk

September 2025

Binist'an'cho - Big harvest

Talk with your child even before they can form words. Babies communicate through sounds and facial expressions even before they can speak. For toddlers and preschoolers, ask them some fun questions to keep the conversations going. Listen, respond, and have fun!

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyaha'go Godin'Isih'</i>
	1 Labor Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Goals for the Month:

Notes/Reminders/Appointments:

"If we wonder often, the gift of knowledge will come. If we never wonder, knowledge will never find us."
— Arapaho Proverb

October 2025

Sing with your child. Your little one loves to hear your voice. You're helping them learn new words and language. Invite your child to sing along. Make eye contact and enjoy these special moments of connection.

Binist'an'ts'ose' - Little harvest (its beginning)

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyah'e'go Godin'Isih'</i>
			1	2	3	4
5	6	7	8	9	10	11
12	13 Native American Day	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Goals for the Month:

Notes/Reminders/Appointments:

"It is better to have less thunder in the mouth and more lightning in the hand."
— Apache Proverb

November 2025

Hug your child. Young children love being in their parents' arms. Hugging and snuggling with your child helps strengthen your parent-child connection, and helps your child develop a secure attachment.

Zas nlt'ees - Sizzling snow (it causes frost bite)

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyah'e'go Godin'Isih'</i>
						1
2	3	4 Election Day	5	6	7	8
9	10	11 Veterans Day	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

Goals for the Month:

Notes/Reminders/Appointments:

Don't let yesterday use up too much of today.
- Cherokee Proverb

December 2025

Encourage toddler to hold the book, turn the pages, model pointing to and naming object. Have the child do the same of pointing and labeling.

Ko'baa na'lk'as - Cold even around the fire

SUNDAY <i>Godin'Isih</i>	MONDAY <i>Ch' i'itaa'</i>	TUESDAY <i>Daana' Ch' i'itaa'</i>	WEDNESDAY <i>Naki iskaa Nayobaas</i>	THURSDAY <i>Iskaa Na'yobaas</i>	FRIDAY <i>Na'yobaas</i>	SATURDAY <i>Da'iyah'e'go Godin'Isih'</i>
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Christmas Eve	25 Christmas Day	26	27
28	29	30	31 New Year's Eve			

Goals for the Month:

Notes/Reminders/Appointments:

*"Let us put our minds together and see what life we can make for our children."
- Sitting Bull*



Arizona's only toll-free helpline for parents, caregivers and professionals with questions or concerns about children ages birth to 5.

The call and services are FREE!

Child development specialists are available
Monday through Friday from 8:00 a.m. to 8:00 p.m.

Topics Include: Sleep, Child Development, Fussiness/Colic, Challenging Behaviors, Parenting, Feeding/Nutrition, Community Resources, and Support to Child Care/Preschools



Call, Text or Download
the Birth to Five Helpline App!



2850 N. 24th St. • Phoenix, AZ 85008 • 602-266-5976 • swhd.org

SUPPORTED BY





ACCESS THIS GUIDE ONLINE AT:

www.firstthingsfirst.org/regions/white-mountain-apache-tribe/

FIRST THINGS FIRST