



<https://strongfamiliesaz.com/>

Programs to Help Parents in Arizona

Strong Families AZ is a network of free home visiting programs that helps families raise healthy children ready to succeed in school and life. The programs focus on pregnant woman and families with children birth to age 5.

Our Programs (*Search by zip code to see programs in your area*)

How To Sign Up

1. Select your county below to find the Arizona Health Start representative in your area.
2. Email or call the representative and let him or her know you're interested. He or she will help you determine if you're eligible and give you more information about registering.

Arizona Health Start

For women who are pregnant or have a child under 2 years old

If you are pregnant or a mother facing challenges, it's important to know that someone can help you. Arizona Health Start is here to help. Our home visitors can connect you with a variety of community organizations that provide health care, education, parenting resources, and application assistance for other programs. We will get to know you and your family, so we can help you get the resources you need. We understand your culture, because we live in your community. We also understand what you're going through, because we've helped families just like yours.

<https://strongfamiliesaz.com/program/arizona-health-start/>

Early Head Start

For families with children under 5 years old

Head Start (for children 3-5) and Early Head Start (pregnant women and children 0-3) has a variety of program and service delivery options including Center Base, Home-Base, Combination (Home & Center) or Family Child Care. Each program incorporates

an individualized approach to high-quality services for low-income pregnant women and children age birth to five. Families receive support and guidance from Head Start staff to become self-sufficient.

<https://strongfamiliesaz.com/program/early-head-start/>

Healthy Families Arizona

For families with an infant under 3 months old

Everyone who is having a baby can feel overwhelmed. It's important to know that it's ok to ask for help, especially if you're experiencing a number of challenges. Healthy Families Arizona is a free program that helps mothers and fathers become the best parents they can be. A Home Visitor will get to know you, and connect you with services based on your specific situation

To initiate services, please directly contact any of the service providers serving the area where you reside.

<https://strongfamiliesaz.com/program/healthy-families-arizona/>

Nurse-Family Partnership

For first-time mothers less than 28 weeks pregnant

Children don't come with an instructional guide. So it's only normal that new mothers face challenges and doubt. In times like these, someone is here to help you. Nurse-Family Partnership is a community healthcare program that will connect you with a nurse home visitor. Through the visits, you will learn how you can best care for your child.

602-506-0610

<https://strongfamiliesaz.com/program/nurse-family-partnership/>

Parents As Teachers

For families with a child on the way or under 5 years old

Your children have so much potential. As a parent, you have a unique opportunity to be their first teacher. That's because most brain development occurs in the first few years of life, and you can make a difference. Parents As Teachers will show you how. Our Home Visitors will provide you with resources appropriate for your child's stage of development. Through Parents As Teachers, you'll develop a stronger relationship with your child and help prepare them for academic success.

<https://strongfamiliesaz.com/program/parents-as-teachers/>

Family Spirit

For Native American families with children under 3 years old

The **Family Spirit Program** is a culturally tailored home-visiting intervention delivered by Native American paraprofessionals as a core strategy to support young Native parents from pregnancy to 3 years post-partum. Parents gain knowledge and skills to achieve optimum development for their preschool age children across the domains of physical, cognitive, social-emotional, language learning, and self-help.

<https://strongfamiliesaz.com/program/family-spirit-home-visiting-program/>

High Risk Perinatal/Newborn Intensive Care Program

For families with newborns who have been in intensive care

The High Risk Perinatal Program/Newborn Intensive Care Program (HRPP/ NICP) is a comprehensive, statewide system of services dedicated to reducing maternal and infant mortality. The program provides a safety net for Arizona families, to ensure the most appropriate level of care surrounding birth as well as early identification and support for the child's developmental needs.

<https://strongfamiliesaz.com/program/high-risk-perinatal-programnewborn-intensive-care-program/>

SafeCare

For families with a child under 5 years old

Let professional and highly trained home visitors support you and your family on your journey to success. Utilizing the nationally recognized SafeCare model, you will receive weekly visits that are divided into core focus areas: parent-child interaction, health and home safety. In each focus area or module, you will build on and strengthen your skills through a variety of interactive sessions.

<https://strongfamiliesaz.com/program/safecare/>

Additional Resources for Home Visiting Programs

Parents Partners Plus

Partners with trusted, established nonprofit and advocacy organizations to help give your child his or her best possible chance at a happy, healthy future. If you have questions, concerns or needs as far as breastfeeding, fighting postpartum depression, child-rearing or otherwise transitioning into life as a parent, our representatives can connect you with critical resources.

Maricopa County Referral Resource

(602)633-0732

<https://parentpartnersplus.com/>

Birth to 5 Helpline

Free service available to all Arizona families with young children, as well as parents-to-be, with questions or concerns about their infants, toddlers and preschoolers. Call to speak with an early childhood specialist, on duty **Monday through Friday from 8:00 a.m. to 8:00 p.m.** You can also leave a voicemail or submit your question online anytime.

(877)705-KIDS

<https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

Fussy Baby Program

The Fussy Baby program is a component of the [Birth to Five Helpline](#) and provides support for parents who are concerned about their baby's temperament or behavior during the first year of life. Our clinicians will work with you to find more ways to soothe, care for, and enjoy your baby. We'll also offer ways to reduce stress while supporting you in your important role as a parent.

Additional visit(s) to home if needed in Maricopa County only.

(877)705-KIDS

<https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

First Things First

Partners with families and communities to help our state's young children be ready for success in kindergarten and beyond.

(602)771-5100 or (877)803-7234

<https://www.firstthingsfirst.org/>

Southwest Human Development

Works with families from pregnancy through the first 5 years of life to become the best parent you can be.

(602)266-5976

<https://www.swhd.org/programs/health-and-development/healthy-families/>

Maricopa County Lead Safe Phoenix Partnership

Provides the following services to families enrolled in the Lead Safe Phoenix program:

Home Visitation

- Lead blood testing for children under 6 years of age
- Environmental assessment of the home to enhance the health and safety of the children in the home
- Education on the prevention of lead poisoning
- Screening and referral to community resources as needed

Community Education and Outreach

- Education regarding lead hazards and lead poisoning prevention to target populations (pregnant women, households with children under six) within Lead Safe Phoenix eligible zip codes
- Education to home visiting program staff working within the Lead Safe Phoenix target zip codes

(602)523-3162

<https://www.maricopa.gov/1853/Lead-Poisoning-Prevention>

WIC

Families now have the option to attend some of their WIC appointments from the comfort of their homes. During a WIC@Home appointment, you'll join other parents or caregivers using a video-chat website to share tips on nutrition or breastfeeding. All you need is a smartphone, tablet or computer with a webcam to participate.

(602)506-9333

<https://www.maricopa.gov/1491/Women-Infants-Children-WIC>