

The Birth to Five Helpline

A toll-free, question line for parents, caregivers and providers

1-877-705-KIDS
(1-877-705-5437)

Early childhood development specialists, registered nurses, disabilities specialists, early literacy specialists, and mental health counselors are available to answer questions about children ages birth to five.

Topics include:

- ◆ Health
- ◆ Child development
- ◆ Nutrition
- ◆ Sleep
- ◆ Discipline
- ◆ Safety
- ◆ Learning to read
- ◆ Getting ready for kindergarten

Monday – Friday • 8:00am – 5:00pm



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The Arizona Institute is operated by Southwest Human Development, Inc.