



In-Home Resource for Families and Young Children

- <https://pbskids.org/>
Videos, activities, and lessons
- <https://www.firstthingsfirst.org/resources/parent-kit/>
Information and inspiration for parents and caregivers of babies, toddlers and preschoolers
- <https://www.firstthingsfirst.org/resources/learnthroughplay/>
Informational videos for parents and caregivers of babies, toddlers and preschoolers
- <https://www.sesamestreet.org/toolkits/healthyhabits>
Activities and videos
- <https://lol.disney.com/>
Online coloring, videos, and games
- <https://www.mindheart.co/descargables>
Short book to support and reassure our children about COVID-19
- <https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html>
Activities, lessons, and games
- <https://www.splashlearn.com/>
Interactive games
- <https://www.education.com/resources/preschool/>
Lessons, hands on activities, printable worksheets, and interactive stories



Birth to Five HELPLINE
"Nothing Out of the Question"



1-877-705-KIDS (5437)

www.birthtofivehelpline.org

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



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



SUPPORTED BY
FIRST THINGS FIRST



BRIGHT
by text
ARIZONAPBS

now what?
Free activities, games, and resources for parents and caregivers of children under 5 sent right to your cell phone

text
ARIZONAPBS
to 274448

CPB
*Number 1 call and data fees may apply.

Steps to Register for Bright by text

1. Open a new text conversation on your cell phone.
2. **Type "274448"** in the subject space.
3. **Type "ARIZONAPBS"** in the text space (**ALL CAPITAL letters and NO SPACES**).
4. A message will pop up asking for your child's date of birth. **Input** it as **MMDDYY**.
5. It will then ask you to **confirm** it by **texting "Y."**
6. **Enter** your **zip code** when asked.
7. It will then ask you to **confirm** it by **texting "Y."**
8. Congratulations, you have completed your registration!