



WELCOME TO
**BRIGHT
FUTURES**
COLLABORATION

The Cochise County Bright Futures Program gives parents and caregivers the information, skills and confidence they need to ensure their children are set on the path to a Bright Future.

Bright Futures services are brought to you by **First Things First**. There is **NO CHARGE** to families for Bright Futures services.



CHILD & FAMILY RESOURCES INC.



ARIZONA'S CHILDREN ASSOCIATION



CATHOLIC COMMUNITY SERVICES



COCHISE COUNTY HEALTH DEPARTMENT



EASTER SEALS BLAKE FOUNDATION



SOUTHEASTERN ARIZONA BEHAVIORAL HEALTH SERVICES INC.
COMMUNITY DEVELOPMENT & PREVENTION DEPARTMENT



SIERRA VISTA SUNRISE ROTARY



UNIVERSITY OF ARIZONA COOPERATIVE EXTENSION

COCHISE COUNTY
**BRIGHT
FUTURES**
COLLABORATION



FOR MORE INFORMATION ABOUT SERVICES, PLEASE CALL

1-877-902-2269

Brought to you by
FIRST THINGS FIRST

Cochise Regional Partnership Council

www.azftf.gov

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DID YOU KNOW?

- At birth a baby's brain contains 100 billion neurons, roughly as many nerve cells as there are stars in the Milky Way.
- The first years of your child's life lay the groundwork for their future success.
- Good early care experiences expand your child's capacity to learn.
- Holding, cuddling, and talking actually affect how your child's brain grows.
- Loving child care "programs" the brain to handle stress and control emotions.
- Reading to and singing with your child every day is a simple and effective way to help brain development.



About First Things First: A child's most important developmental years are those leading up to kindergarten. First Things First partners with Arizona parents and communities to help kids five and younger receive the early education, quality healthcare and family support they need to start school healthy and ready to succeed. For more information, visit www.aztf.gov

WHY IS THIS IMPORTANT TO A FAMILY?

Even before babies can walk and talk, their brains are developing. The brain your child is born with is constantly growing and changing - whether your child is two months, 18 months, or three years old.

The Bright Futures Collaboration will give your family the help and support you need to make sure your baby's growing and developing brain is off to the right start.

Where is Bright Futures available?

The Bright Futures Collaboration covers all of Cochise County

Who may participate?

Families living in Cochise County who are expecting and/or have at least one child birth to five years of age

WHAT IS BRIGHT FUTURES?



Bright Futures services are offered to families with at least one child between the ages of birth to five years.

Bright Futures services may include:

- Community education and development
- In-home visits from your support specialist at a time that is convenient for your family
- Infant calming for families with children birth to six months
- A developmental assessment of your child
- Fun educational activities for parents and their children ages birth to five
- Help with finding health services and community resources to support you as a parent
- Telephone warm line for families with children birth to three months of age
- Budgeting and financial information
- Nutrition and meal planning
- Job preparation
- Home management skills
- Home visits by a nurse for families with medically fragile babies
- Literacy and language development
- Breast feeding support
- Classes in brain development, prenatal to five years of age

