

Q:



A: 1-877-705-KIDS

For questions about dealing with tantrums, or anything else, ask the **Birth to Five Helpline**. Call toll-free and talk to child development specialists—it's free.



At Southwest Human Development

**Topics Include:** Health, Sleep, Discipline, Safety, Learning to read, Nutrition, Child development, Getting ready for kindergarten

**Hours:** Monday-Friday 8:00am – 8:00pm  
Saturday 10:00am – 2:00pm

2850 N. 24th Street | Phoenix, Arizona 85008  
(602) 266-5976 | Fax (602) 274-8952 | TTY (602) 468-3424  
[www.swhd.org](http://www.swhd.org)

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



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# ¡ 1-877-705-KIDS !

Para preguntas acerca de cómo tratar con berrinches, o cualquier otra cosa, pregúntele a **Birth to Five Helpline**. Llame gratis y hable con el especialista en desarrollo infantil — es gratis.



**Los asuntos incluyen:** Salud, Disciplina, Desarrollo infantil, Seguridad, Nutrición, Aprendiendo a leer, Dormir, Preparándose para kindergarten

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