

## Families FIRST provides

- A caring, trusted nurse who can help guide you through parenting until your child is three years old
- Connection to programs to meet your child's needs and your goals for positive health and wellbeing
- Respectful treatment
- Help with Medicaid enrollment to cover medical costs
- Prenatal health and support during pregnancy
- Information about childbirth
- Guidance on healthcare for you and your child
- Food and nutrition programs
- Breastfeeding support
- Activities to promote healthy child development
- Positive parenting strategies



NEW MEXICO

## Early Childhood

Education & Care Department

**Family Support and Early Intervention Division**  
FAMILIES FIRST

*Helping build strong families through medical, social, and educational support from registered nurses and resource referrals*

### Families FIRST State Office:

**PHONE:** 877-842-4152

**ADDRESS:** PO Drawer 5916,  
Santa Fe, NM 87505



NEW MEXICO

## Early Childhood

Education & Care Department

**Family Support and Early Intervention Division**  
FAMILIES FIRST

**Early Childhood Education and Care Department Mission:**  
Optimize the health, development, education, and well-being of babies, toddlers, and preschoolers through a family-driven, equitable, community-based system of high-quality prenatal and early childhood programs and services.



**Families FIRST offers a go-to support system during pregnancy, infancy, and throughout the first three years of a child's life for Medicaid-eligible families in New Mexico.**

Nurses on staff are just a phone call away to provide education, resources, and friendly advice on pregnancy, health, nutrition, and nurturing.

A healthy start early in life provides a foundation for a lifetime of positive growth, learning, and relationships.

**We know how important you and your child are. That is why we put Families FIRST.**



## What to Expect

When you call one of our offices, you first speak to a Region Coordinator who will walk you through the program and ask you a few questions about you, your pregnancy, or your child.

Please call the office nearest you between 7:30 a.m. and 4:30 p.m.

**NORTHEAST REGION: 505-660-8110**

**NORTHWEST REGION: 505-660-8031**

**SOUTHEAST REGION: 505-660-8627**

**SOUTHWEST REGION: 505-660-7589**

Next, you are connected to a registered nurse Care Coordinator at an office in your area who will get to know you and your family.

- Alamogordo
- Albuquerque
- Anthony
- Belen
- Bloomfield
- Carlsbad
- Chaparral
- Clovis
- Cuba
- Deming
- Farmington
- Gallup
- Hatch
- Hobbs
- Los Lunas
- Las Cruces
- Mescalero
- Portales
- Roswell
- Ruidoso
- Santa Fe
- Truth or Consequences
- Silver City
- Sunland Park
- Tularosa

## Care Coordinators

Think of a Care Coordinator as your own personal nurse who will provide you with programs, services, and learning opportunities right in your community. They will work with you during your pregnancy and to support your goals as a parent and your child's specific needs.

You can call your Care Coordinator as often as needed for additional support, to ask questions, express concerns, and even celebrate positive pregnancy outcomes and milestones in your child's growth and development. Your privacy is always respected.

You can visit with your Care Coordinator in the local office, in your home, by phone, or video chat (if available).

## Programs

Each community offers different programs for expecting families and those with young children. Here are some resources we can connect you with:

- Women, Infants, and Children (WIC)
- Supplemental Nutrition Assistance Program (SNAP)
- Family Infant Toddler (FIT) Program
- Early Head Start
- Home Visiting

