

- **Comprehensive Support:** If you're expecting a baby, recuperating from pregnancy or delivery, or simply seeking support and guidance on parenting and child development, our nurses are here to provide any assistance you need.
- **Breastfeeding education** and support.
- **Community Navigation:** We understand that accessing necessary supports and resources can feel overwhelming. Families FIRST is your partner in navigating and connecting you with services and assistance in your community.
- Help with **Medicaid enrollment** to cover medical costs.
- **Medically Fragile Support:** Our registered nurses specialize in supporting families with complicated pregnancies and medically fragile babies, offering compassionate care and expert guidance to ensure the best possible outcomes.
- **Postpartum Support:** Recovering from a pregnancy or delivery can be challenging. Families FIRST provides support and resources to help you navigate this journey confidently.
- **Positive Parenting Guidance and Strategies:** From newborn care to toddler behavior, our registered nurses offer practical advice and guidance to help you navigate the joys and challenges of parenting.
- **Food and nutrition** information and resources.
- Conduct **developmental screenings** to ensure milestones are achieved, and provide activities and education to promote healthy outcomes.
- Safe sleep education and **FREE Safe Sleep Baby Kit**.

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

Learn more at
nmeccd.org/FamiliesFIRST
 ECECD-FamiliesFIRSTProgram@ececd.nm.gov
877-842-4152
 PO Drawer 5619, Santa Fe, NM 87502



Scan to learn more



Don't face parenthood alone.
Families FIRST is your trusted partner.



NEW MEXICO
Early Childhood
 Education & Care Department



Families FIRST

Do you have Medicaid?

Are you pregnant or do you have a child under three in your family?

Would you like support from a registered nurse?



NEW MEXICO

Early Childhood

Education & Care Department

Family Support and Early Intervention Division

FAMILIES FIRST

What is Families FIRST?

The New Mexico Early Childhood Education and Care Department (ECECD), administers Families FIRST, a program designed to empower and support families through every step of their journey. 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**.

Are you seeking expert support to navigate pregnancy, infancy, and toddlerhood?

Our dedicated team is here to provide care and guidance, tailored to your family's specific needs. Your Care Coordinator will be your own personal registered nurse who will connect you with programs, services, and learning opportunities right in your community.

What to Expect:

- **Expertise You Can Trust:** Registered nurses bring a wealth of experience and expertise to every interaction, ensuring you receive the highest standard of care for your family. A caring, trusted registered nurse can help guide you through pregnancy, childbirth, and parenting throughout the first three years of your child's life.
- **Personalized Education:** From pregnancy preparation to navigating the early years of parenthood, our registered nurses offer personalized education and resources every step of the way.



Services Available Across the State:

- | | | |
|---------------|--------------|-------------------------|
| • Alamogordo | • Espanola | • Ruidoso |
| • Albuquerque | • Farmington | • Santa Fe |
| • Anthony | • Gallup | • Santa Rosa |
| • Belen | • Grants | • Tierra Amarilla |
| • Bloomfield | • Hatch | • Truth or Consequences |
| • Carlsbad | • Hobbs | • Silver City |
| • Chama | • Los Lunas | • Sunland Park |
| • Chaparral | • Las Cruces | • Taos |
| • Clovis | • Las Vegas | • Tularosa |
| • Cuba | • Mescalero | |
| • Deming | • Portales | |
| • Dulce | • Roswell | |

We strive to serve all of New Mexico families. If your location is not listed, please call to discuss options as this list is not all inclusive.

Get Started

When you reach out to one of our offices, you'll be greeted by a compassionate Regional Coordinator who is also a registered nurse. They'll guide you through our program and take the time to learn more about your unique situation.

Call the office nearest you
Monday – Friday from 8 a.m. – 5 p.m.

NORTHEAST REGION: 505-487-6645

NORTHWEST REGION: 505-660-8031

SOUTHEAST REGION: 505-660-8627

SOUTHWEST REGION: 505-660-7589

Services are available in the local clinic, in your home, by phone, or via video chat!

We know how important you and your child(ren) are. That is why we put Families FIRST!

Programs and Resources

Each community offers different programs and resources. Here are some examples we can connect you with:

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

“As a first time mom everything was new and scary to me. My coordinator really helped me feel reassured that what I was doing with my baby was the right thing and she gave me lots of helpful information on everything I asked her for. My coordinator helped me be the best mom I can be and give my child everything he needs to develop appropriately.”

- Anonymous, Families FIRST Client

