

BABY DAY[®]

PRESENTED BY: FIRST 3 YEARS

April 27, 2024



Made possible by:



Helping Here.



of Metropolitan Dallas



Sponsors



Helping Texans

is at the heart of H-E-B.

When Texans are in need, we lend a hand. We fight hunger, provide disaster relief, and honor our educators and military. We do this for one simple reason. **We are from here, so we are helping here.**



Helping Here.

HUNGER RELIEF ★ EDUCATION
DIVERSITY ★ HEALTH & WELLNESS
SUSTAINABILITY ★ DISASTER RELIEF
MILITARY APPRECIATION

Learn more at heb.com/community



En Español



BABIES

TODDLERS

KIDS

TWEENS & TEENS

PARENTS

POPULAR TOPICS

GET HELP NOW



Babies

Having a new baby in the house can be a big learning curve. We are here to help.

Being a mom or dad is the greatest gift of all. There is nothing like parenthood. However, learning all the do's and don'ts can be overwhelming. We can help with safe sleep tips, how to calm a crying baby, and ways to manage parenting stress.

Get Help

Need parenting help now?

The Texas Parent Helpline team is ready to listen, find solutions, and direct you to the right local resources.

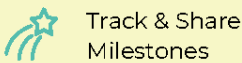
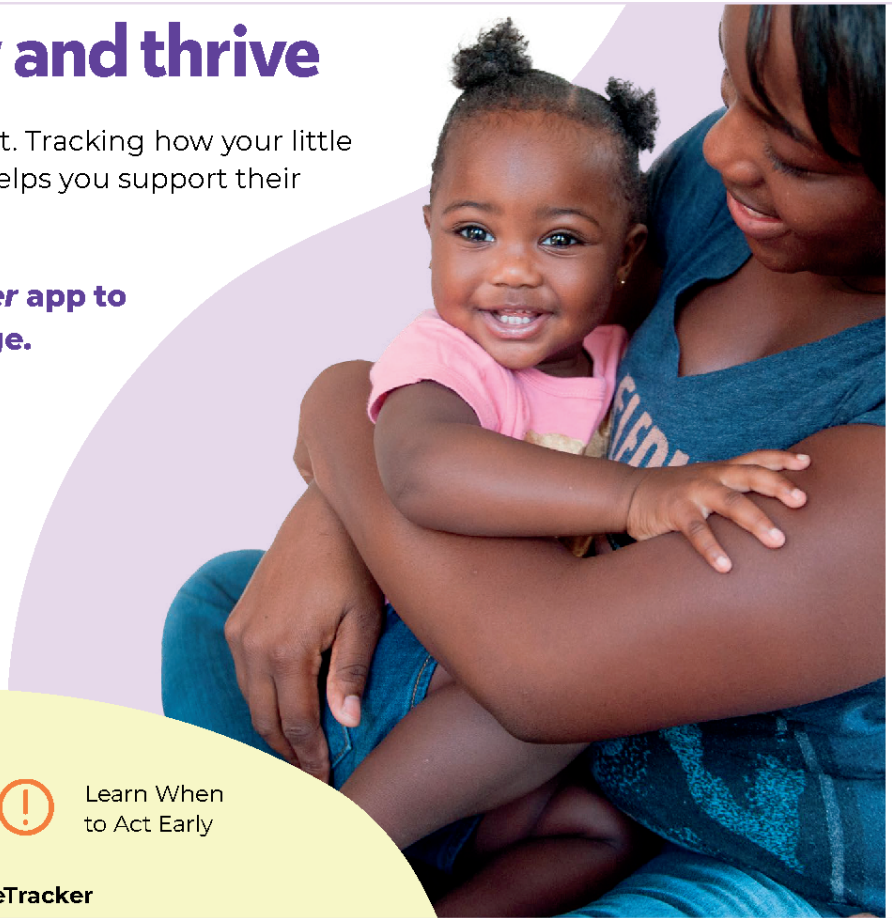
Call 833-680-0611 Chat with us Text 833-680-0611

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Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free **Milestone Tracker** app to find fun and easy activities for each age.



Track & Share Milestones



Get Tips & Activities



Learn When to Act Early

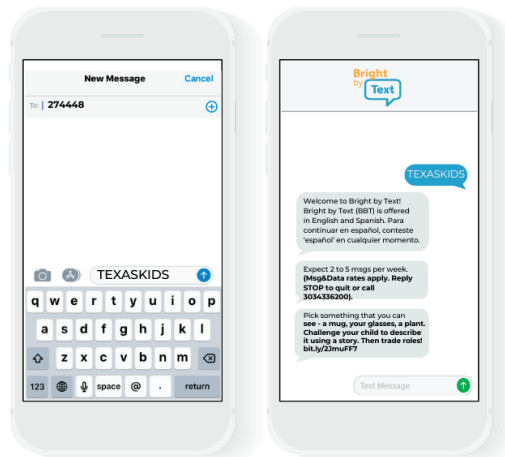
Learn more at cdc.gov/MilestoneTracker



Because kids don't come with instructions

Sign up is easy!

Text **TEXASKIDS** to **274448** then follow the prompts or scan here

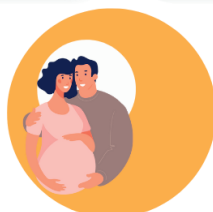


Bright by Text parents say

"I love getting little **age-appropriate** messages on my phone that I know are **reliable** and backed by **science**."

"I love that they don't interrupt my life that I can look at them when I want to and they're just **friendly reminders** of best practices to do with your child."

Receive text messages to help you in your parenting journey. We cover it all: tantrums, nutrition, brain-building activities, local events, and much more! Messages are timed to your child's age, from pregnancy through age 8.



FIRST 3 YEARS

Learn more at brightbytext.org

Bright by Text is a non-profit organization. They don't sell or share information. *Message and data rates apply. Text STOP to 274448 to stop. Text HELP to 274448 for help.

Welcome to **BABY DAY**[®]

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FORT WORTH

Sessions

<i>Time</i>	<i>Session</i>	<i>Partner</i>	<i>Room</i>
9:30 - 9:50 AM	Storytime	Botanical Research Institute of Texas	Burk Library
10:00 - 10:20 AM	Meet a Pediatric Occupational Therapist	Full Bloom Therapy	Classroom
10:30 - 10:50 AM	Nature Walk	Botanical Research Institute of Texas	Start at Registration Table

Activity Stations

<i>Activity</i>	Building Blocks
<i>Partner</i>	YoorKids
<i>Location</i>	Commons

<i>Activity</i>	Rolling Rainbow
<i>Partner</i>	Full Bloom Therapy
<i>Location</i>	Commons

<i>Activity</i>	Let's Play Ball!
<i>Partner</i>	Clayton Youth Enrichment
<i>Location</i>	Commons

<i>Activity</i>	Bonding Beats
<i>Partner</i>	MD Kids Pediatrics
<i>Location</i>	Commons

<i>Activity</i>	Mirror Me
<i>Partner</i>	MHMR of Tarrant County
<i>Location</i>	Commons

<i>Activity</i>	Pretend Picnic
<i>Partner</i>	Concept Pelvic Health
<i>Location</i>	Commons

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Thank you for joining us!



*On behalf of all
the infants and
toddlers and
their caregivers
we serve in
Texas,
THANK YOU!*

Did you enjoy Baby Day?

Please complete this survey
to share your feedback.



Consider extending the
celebration by supporting
First3Years with a donation!



first3yearstx.org | @first3years