

# BABY DAY<sup>®</sup>

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](https://heb.com/community)

GetParentingTips.com

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.

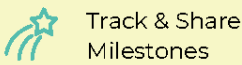
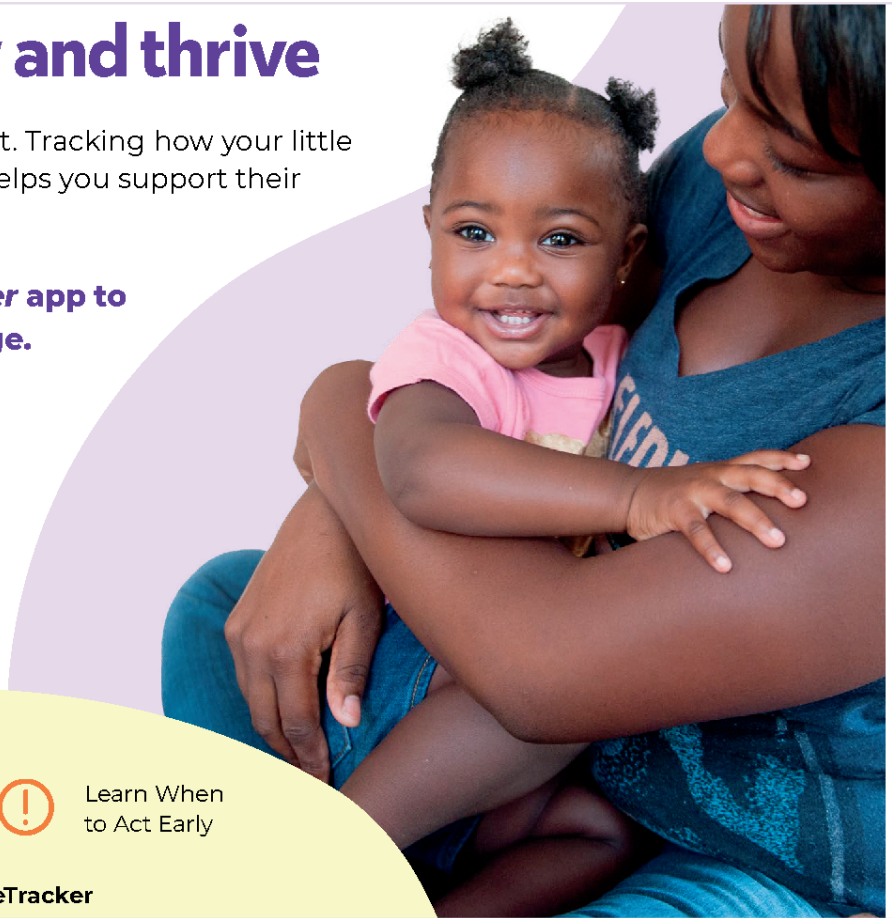
Call 833-680-0611 Chat with us Text 833-680-0611

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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

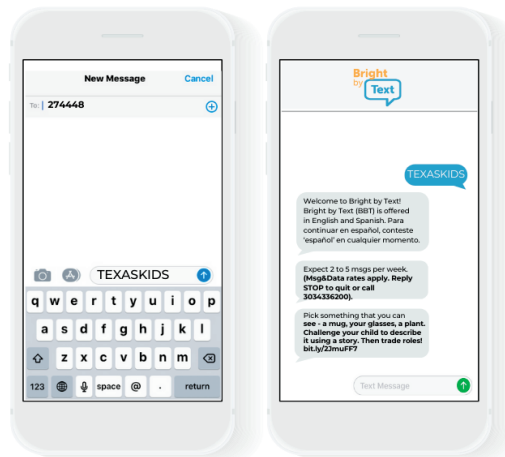
Learn more at [cdc.gov/MilestoneTracker](https://cdc.gov/MilestoneTracker)



## Because kids don't come with instructions

Sign up is easy!

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

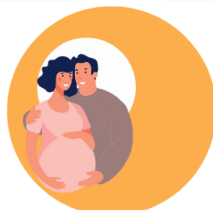


Bright by Text parents say

"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](https://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**<sup>®</sup>  
PRESENTED BY: FIRST3YEARS

DALLAS

*Sessions*

<b>Time</b>	<b>Session</b>	<b>Partner</b>	<b>Room</b>
9:15 - 9:45 AM	<i>See What I Can Do!</i> <i>Encouraging Engagement with</i> <i>with Child Care Group</i>	Cynthia Garrison	Kahn Pavilion
10:00 - 10:30 AM	<i>Play and Learn Session with</i> <i>Gymboree Play and Music Southlake</i>	Ana-Sofia Gonzalez	Kahn Pavilion
10:40 - 11:10 AM	<i>How to Become Self Sufficient with</i> <i>Obtaining New Ground, Inc.</i>	Lakisha Otis	Kahn Pavilion
11:20 - 11:50 AM	<i>Art Babies with</i> <i>Dallas Museum of Art</i>	Leah Hanson	Kahn Pavilion

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DALLAS

*Activity Stations*

<b>Activity</b>	<b><i>Rolling Rainbow</i></b>
<b>Partner</b>	Gymboree Play and Music Southlake

<b>Activity</b>	<b><i>Sensory ABCs</i></b>
<b>Partner</b>	UT Dallas, The Healthy Development Project

<b>Activity</b>	<b><i>Building Blocks</i></b>
<b>Partner</b>	Help Me Grow North Texas

<b>Activity</b>	<b><i>Let's Play Ball!</i></b>
<b>Partner</b>	Child Care Group

<b>Activity</b>	<b><i>What's That Smell?</i></b>
<b>Partner</b>	Obtaining New Ground, Inc

<b>Activity</b>	<b><i>Pretend Picnic</i></b>
<b>Partner</b>	Heart of Courage

<b>Activity</b>	<b><i>Breathing in Motion</i></b>
<b>Partner</b>	First3Years

<b>Activity</b>	<b><i>Bonding Beats</i></b>
<b>Partner</b>	MD Kids Pediatrics

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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