

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.

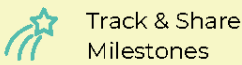
Call 833-680-0611 Chat with us Text 833-680-0611

Sponsors

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

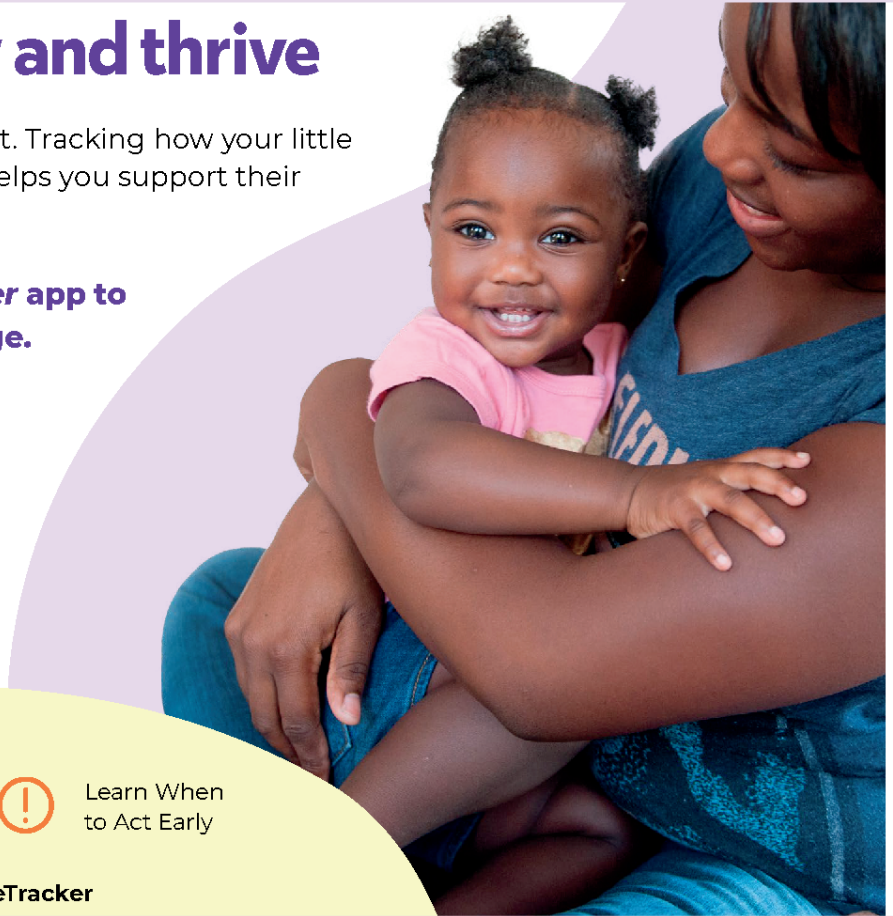


Get Tips & Activities



Learn When to Act Early

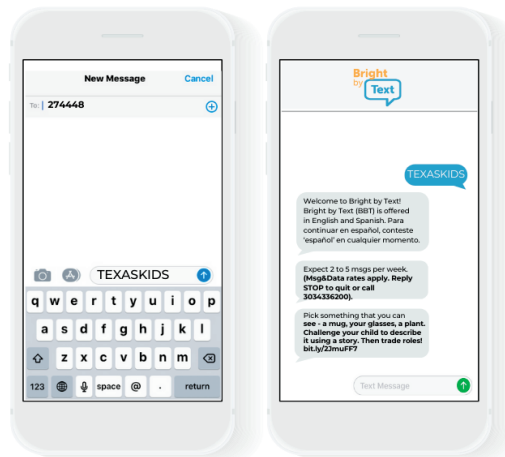
Learn more at cdc.gov/MilestoneTracker



Because kids don't come with instructions

Sign up is easy!

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

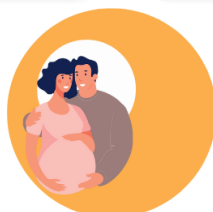


Bright by Text parents say

"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[®]
PRESENTED BY: FIRST3YEARS

HOUSTON

Sessions

<i>Time</i>	<i>Session</i>	<i>Partner</i>
9:10 - 9:30 AM	Nurturing Parenting	Santa Maria Hostel
9:40 - 10:00 AM	Reading with Your Baby	Books By Ken LLC
10:10 - 10:30 AM	The Alliance Child Care Entrepreneurship Program	The Alliance
10:40 - 11:00 AM	Story Time with Harris County Public Library	Harris County Public Library
11:10 - 11:30 AM	Brain Building for Babies & Toddlers	The Hackett Center for Mental Health
11:40 AM - 12:00 PM	Infant CPR & Choking	YMCA

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HOUSTON

Activity Stations

Activity	Animal Safari
Partner	Bright By Text

Activity	Bonding Beats
Partner	Santa Maria Hostel

Activity	Pop 'til You Drop
Partner	BakerRipley

Activity	Rolling Rainbow
Partner	The Hackett Center for Mental Health

Activity	Building Blocks
Partner	Lakeshore Learning

Activity	Messy Hands, Full Hearts
Partner	DePelchin Children's Center

Activity	What's That Smell?
Partner	The Hackett Center for Mental Health

Activity	One, Two, Buckle My Shoe
Partner	Hope's Children Academy

Activity	Sensory ABCs
Partner	Laceys Kids Learning Academy

Activity	Story Time
Partner	Books By Ken LLC

Activity	Let's Play Ball!
Partner	Safe Babies

Activity	Tiny Tales
Partner	Harris County Public Library

Activity	Breathing in Motion
Partner	The Alliance

Activity	Love in Every Snuggle
Partner	Texas Star Program

Activity	Soothing Sensations
Partner	Early Learning Quality Network

Activity	Mirror Me
Partner	Harris County Integrated Health Services

Activity	Pretend Picnic
Partner	Children's Museum Houston

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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