

A “Virtual Coach” for Parents and Caregivers

*Delivering health and educational guidance
to care for children from birth through age 8.*

- + This text message service is available at no charge in both English and Spanish.
- + Provides age-specific tips on language and literacy development, wellness, growth, education and other milestones.
- + Topics include:



Caring for Baby: Feeding, bathing, sleeping and safety



Language Nutrition: Activities to help develop reading and writing skills



Lifestyle and Wellness: Interactive play ideas for physical and emotional health



Growth and Development: Ways to help your child grow and progress



Interested in taking the first step towards better care for you and your child?
Text **LEARN to **52046** and complete a quick survey to enroll.**

Provided By:



You will receive text messages from the number **52046**. Message & data rates may apply according to your carrier rate plan. You may unsubscribe at any time by texting **STOP**. For assistance with the program, text **HELP**.