



**Bright  
By Text**

**Bright** by  **Text**

**Text BRIGHT to 274448**

Standard message and data rates apply. Text STOP to 274448 to stop. Text HELP to 274448 for help.

# BRIGHT BY TEXT CONTENT:

## A Whole Child, Whole Family Approach

Our messages cover...



### Pregnancy:

- Physical health
- Safety
- Preparing for baby
- Parental well-being

### Milestones:

Information by age on how children:

- Play
- Learn
- Speak
- Act
- Move

And what to do if a parent has concerns.

### Learning:

- Math skills and activities
- Encouraging creativity
- Early literacy and reading
- STEM
- Music and art

### Community & world:

- Social-emotional skills
- Embracing diversity
- Practicing kindness
- Identifying community helpers

### Health, Safety & Wellness:

- Doctor visits
- Physical health, including nutrition, sleep, oral health, exercise
- Mental health and well-being
- Preventing poisonings, environmental hazards, etc

### Parenting:

- Resilience
- Encouragement
- Mindfulness
- Stress management
- Challenging behaviors
- Bonding with child

### Connections:

- Health insurance, healthy food and other needs
- Local events and resources
- Statewide health and safety resources

*We support parents from pregnancy through age 8.*

Free Books for children birth to 5!  
Enroll in Dolly Parton's Imagination  
Library & receive 1 free book every  
month.

<https://bbtxt.org/3X7u27a>

11:11

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**Bright**  
by  
**Text**

Today 11:11 AM

Raising little humans is a  
BIG job...with big challenges  
and big rewards. Be flexible.  
Stay positive. Keep your  
chin up.

Thanks **Bright by Text**  
for this last message!!  
I **really** needed it. ❤️❤️



AMERICAN  
SPEECH-LANGUAGE-  
HEARING  
ASSOCIATION



NATIONAL HEAD START ASSOCIATION



Special Olympics  
**Unified Champion  
Schools**



PRESENTED BY  
**sparkler**

IN PARTNERSHIP WITH **noggin**



EARLY CHILDHOOD HEALTH OUTDOORS

**ECHO**



**ZERO TO THREE**  
Early connections last a lifetime



*in* **Communities**

