

Sample Text Messages

	Health & Physical Development (Infant Example)	Math & Science (Toddler Example)	Social Emotional Learning (PreK example)	Literacy (Elementary Example)	Approaches to Parenting
FACT (Monday)	FACT: When you can read your baby's cues, you're better able to soothe and comfort them. Watch and listen closely to your baby to learn what they need.	FACT: Using words like "none," "some," and "all" during routines helps your toddler understand quantity. Quantity is an important math and science skill.	FACT: Children are excited to learn all about themselves. The more they learn, the more self-esteem and confidence they have to thrive in school.	FACT: When kids share details from stories, they build literacy skills. Sharing details helps kids understand stories. It makes them better storytellers, too!	FACT: You do so much to take care of your child. Make sure you also take time to care for yourself. After all, rest and relaxation power your parenting!
TIP (Wednesday)	TIP: Watch closely when your baby cries. What are they doing with their body? Are they rubbing their eyes or ears? Are they looking away? They might be sleepy.	TIP: During bath time, build your toddler's sense of quantity. Ask them to show you no fingers, all fingers, and some fingers. Get them soapy to make it fun!	TIP: In the morning, look in the mirror together and take turns naming your child's qualities: You have brown eyes, you are kind, you are smart, you are fast.	TIP: After a story, ask about the details: "Who was in this story? A mouse! Where was the mouse? What happened after the mouse ate the cookie? Then what?"	TIP: At some point today, spend a moment just sitting. As you do, breathe deeply and think about one thing you're looking forward to doing this week or month.
GROWTH (Friday)	GROWTH: Keep reading your baby's cues. When they arch their back, it may be discomfort. Try holding them in a different position and check for a wet diaper.	GROWTH: Keep talking about quantity. Expand the game to explore measurement. Can your toddler show their shortest finger? How about their tallest finger?	GROWTH: Keep helping your child learn about themselves! As you look in the mirror, share things about your family like where you live and traditions you share.	GROWTH: Keep asking about details in stories! Now ask WHY and HOW questions about the story you read. Try "WHY did the bear hide? HOW did he feel?"	GROWTH: Keep caring for yourself. As you brush your teeth, think of three parenting moments that you feel proud of. Think of big moments and little ones, too.