

A “Virtual Coach” for Parents and Caregivers of Young Children

Topics:



Caring for Baby: Nurturing tips about feeding, bathing, sleeping and safety.



Language Nutrition: Learn fun activities that will help develop children’s reading and language skills and give them a head start in school.



Lifestyle and Wellness Tips: Interactive “play” for you and your child to keep you both healthy — physically and emotionally.



Growth and Development: Measure physical, social and emotional health milestones. Learn ways to help your children grow and progress.



An interactive program that delivers health and educational guidance to families and caregivers of infants through early childhood.

POWERED BY:  GOMOHEALTH

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**.

Provided by:





EduCare: Helping with Your Most Important Job — Caring for Yourself and Your Young Child

This program helps you care for your children from birth through age 8, providing helpful, age-specific tips on speech and reading development, wellness, growth, educational and other milestones.

How it Works:

- + To get started, text **LEARN** to **52046**. Once you do, you'll receive a text message with a link to a quick survey you'll need to complete to enroll. Your feedback will help us deliver information designed to your interests and specific to your children's ages.
- + There is no charge to participate or app to download.

Types of Content:

- + **Easy to Understand:** Tips and ideas, delivered by text message, to help support you and your young child's health and development.
- + **In-Depth:** Detailed content including videos, tip sheets and articles.
- + **Surveys:** Sent throughout the program to see how it's helping you and to direct the type of information that you receive.
- + **Multilingual:** The entire program is available in both English and Spanish.