

Help Me Grow North Texas News

October 2022 Edition

Content:

- Help Me Grow North Texas Birthday Picture Preview
- All Pro Dad and iMom
- Help Me Grow North Texas Birthday Pictures
- National Family Literacy Month and Important November Dates

Reminders:

- Next Quarterly Subcommittee meetings will be held in December
- Follow us on social media ([Facebook](#), [Twitter](#), and [Instagram](#))
@HelpMeGrowNTX to stay up to date
- Help Me Grow North Texas marketing materials can be ordered [here](#).

The most adorable picture from our 3rd birthday party goes to....



More pictures on pages 3 and 4!

All Pro Dad and iMom



5 Out-of-the-Box Ways to Connect as a Family

[READ MORE »](#)



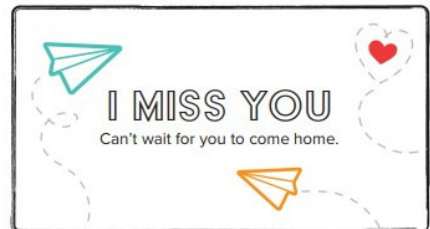
8 Signs Moms Are Doing Great Without Even Realizing It

[All Pro Dad](#) and [iMom](#) are websites that provide a plethora of resources and support to parents across the nation. Each site boasts invaluable tools to for parents to connect with their kids in fun, kind, and creative ways. All Pro Dad also features information for local chapters where fathers can come together with other dads in their community to support and celebrate each other. iMom has free, incredibly helpful, printables for download that include: lunchbox notes, activities, behavior charts, etc.

*sites are linked at the beginning of paragraph

LUNCHBOX NOTES

We sometimes forget that our children spend up to eight hours a day at school. A lot can happen in eight hours - good and bad. Lunchbox notes are a great way to let your child know that you are thinking about them while they are away.



3rd Birthday Celebration!

Help Me Grow North Texas had the beautiful privilege of celebrating our 3rd birthday with local partners, families, and the community on September 29.

Thank you so much for all that were able to come out to celebrate this incredible milestone with us! Please enjoy some fun pictures from this awesome celebration!



The party doesn't stop...



November's Toolkit

National Family Literacy Month

November is National Family Literacy Month! Family Literacy Month was established in 1994, and seeks to stimulate family literacy and reading together. Parents and caregivers play an invaluable role in their child's literacy and overall educational success and wellbeing. United Way of Metropolitan Dallas supports various programs and initiatives to promote early literacy and increase access to books for children and caregivers. Visit the United Way Metropolitan Dallas website [here](#) to learn more about programs that may foster family literacy in the families that you serve! Also, check out the National Center for Improving Literacy for a family [toolkit](#) on advocating for the literacy needs of your child. This resource also provides information and strategies for schools and state agencies in supporting caregivers on this journey.

Important Dates in November:

November 1-30: [National Epilepsy Awareness Month](#)

November 1-30: [American Indian Heritage Month](#)

November 1-30: [National Adoption Month](#)

November 1-30: [Military Family Month](#)

November 8: [National Parents as Teachers Day](#)

November 17: [World Prematurity Day](#)

November 12-20: [Hunger and Homelessness Awareness Week](#)

