

Help Me Grow North Texas News

November 2022 Edition

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- World Wildlife and Conservation Day and Important Dates in December

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](#).

Happy Holidays!

Help Me Grow North Texas wants to wish all of our parents, families, and partners, a very happy holiday season. As we reflect on the past year, we are incredibly thankful for the new partnerships we've fostered and for the partnerships that continue to grow with us. However you choose to celebrate, may your holiday season be filled with love, kindness, gratitude, celebration, and community! For those that may support clients that are struggling during this time, or are struggling themselves, please check out some tips from NAMI on prioritizing your mental health during the season. Click [here](#).



Maternal and Infant Health Report

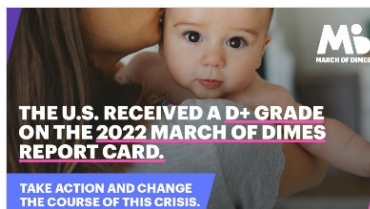
The March of Dimes recently released their 2022 Report Card which highlights the state of maternal and infant health nationwide, including Washington D.C. and Puerto Rico. The report is available in English and Spanish and offers an in depth assessment of each state's score. Each state receives a score that directly correlates to their preterm birth rate percentage with scores ranging from an "A" for a preterm birth rate less than or equal to 7.7 percent to an "F" for a preterm birth rate greater than or equal to 11.5 percent. The state of Texas received a D- with a preterm birth rate of 11.4 percent. It is also shown that birthing persons of color are affected at a disproportionately higher rate than the rest of the population.

View the full report [here](https://marchofdimes.org/report-card) or at marchofdimes.org/report-card.



The report also features policy actions that could facilitate a decline in the preterm birth rates, and provide pregnant individuals with a healthier pregnancy and birth. These actions are separated into three categories: equity, access, and prevention. In addition to providing actionable items, the March of Dimes has created a social media toolkit for individuals and organizations to utilize in promoting awareness and policy changes. View

the toolkit [here](https://marchofdimes.org/report-card).



2022 March of Dimes Report Card

The @MarchofDimes Report Card showcases the state of maternal and infant health and policy solutions to make a difference. The U.S. is one of the most dangerous developed nations for childbirth. We must change the course of this crisis. Take action at <http://marchofdimes.org/reportcard>



Preterm Birth Crisis Worsens in U.S.

The 2022 @MarchofDimes Report Card reflects the worst preterm birth rate we have ever reported in the U.S. This Prematurity Awareness month, we need to take action to address health disparities that exist for moms and babies across the country. Learn more at <http://marchofdimes.org/reportcard>

Safe Toys and Gifts Month

The holiday season is a time of gratitude, good times with people you love and who love you, and appreciation. Appreciation can be expressed in a multitude of ways, though this season is historically known for showing love and appreciation through gift giving! As you peruse stores for the perfect gifts for the little ones in your life, there are a few safety tips to keep in mind. DFPS has created a Holiday Season toolkit which covers various situations families may encounter during this time of the year from traveling with your children to toy safety. The toolkit features social media messages to raise awareness in the communities and with the families that we serve. View the toolkit [here](#).



KEEP SMALL PASSENGERS SAFE

[GetParentingTips.com](https://www.getparentingtips.com)

HOLIDAY TOY SAFETY

[GetParentingTips.com](https://www.getparentingtips.com)

World Wildlife Conservation Day

World Wildlife Conservation Day is celebrated annually on December 4. May this spark conversation throughout December about the importance of wildlife, spending time in nature, and how we can support the plant and animal life in our communities. Local organizations such as Texas Children in Nature and Green Space Learning provide both education about the importance of children in nature, in addition to fun outdoor activities to do with your children. **Green Space Learning** promotes the science of early childhood development while simultaneously creating natural environments that value child-centered play. Learn more about the work of Green Space Learning [here](#) or by visiting greenspacetx.com. **Texas Children in Nature** is working to ensure equitable access and connection to nature for all children in Texas. Visit [here](#) or texaschildreninnature.org for more information, resources, and the mission of their work! The World Wildlife Fund has also created a toolkit to provide information about certain wildlife and how they contribute to our ecosystems! The link is in the important dates below.

Important Dates in December:

December 4: [World Wildlife Conservation Day](#)

December 5-9: [Inclusive Schools Week](#)

December 18 (nightfall): [First Day of Hanukkah](#)

December 21: [National Homeless Persons' Remembrance Day](#)

December 25: [Christmas Day](#)

December 26: [First Day of Kwanzaa](#)