

Help Me Grow North Texas News

September 2022 Edition

Help Me Grow North Texas is Officially 3!

On September 30 2022, Help Me Grow North Texas observed our 3rd birthday! As we reflect on new partnerships fostered, familiar partnerships strengthened, milestones reached, goals achieved, and thousands of families supported; the team at Help Me Grow North Texas wants to thank all of you that continue to support our mission and growth. Together, we are able to build resiliency and affect change within our communities. Thank you for helping us grow! Check out next month's newsletter for pictures from our birthday party celebration!

Content:

- Help Me Grow North Texas is officially Three!
- #Fatherhood Friday
- National Head Start Awareness Month
- Bullying Prevention Month and Important October 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](#).



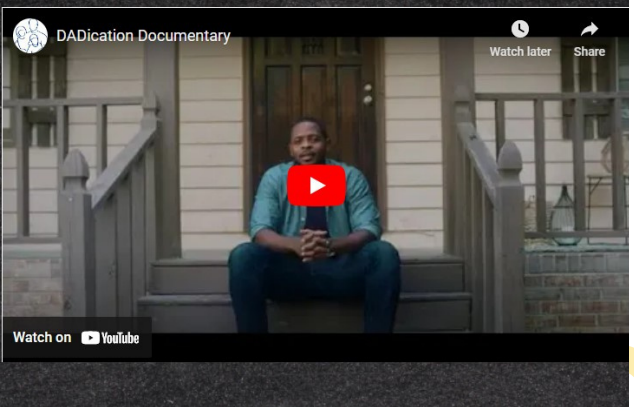
#FatherhoodFriday

DADICATION

The DADication documentary features fathers who appeared in our DADication PSAs and includes additional testimony from fathers and fatherhood practitioners. The short documentary emphasizes how essential fathers are to the lives of their children, illustrates the impact of growing up without a father, provides examples of fathers overcoming numerous barriers to be present for their kids, and demonstrates how fathers and their children are flourishing as a result. Be ready to shed a tear as you hear their stories.

Don't forget to take a look at the associated discussion guides.

[VIEW DADICATION RESOURCES](#)



DADication Documentary


Watch later Share

Watch on YouTube

Follow us on Facebook, Twitter, and Instagram at @helpmegrowntx to celebrate #Fatherhoodfriday with us. On Fridays, we will share content that highlights male caregivers as they navigate fatherhood.

Fatherhood.gov also provides insightful resources such as: tips for practitioners, building a responsible fatherhood toolkit, activities for dads and kids, a #Dadication documentary and PSAs, and last, but certainly not least, a compilation of "dad jokes." #Fatherhoodfriday offers the space and an opportunity to honor the contributions and role of the male caregivers in our work and in our lives. How will you celebrate your #fatherhoodfriday? Tag us on social media and let us know! Check out the *DADication* documentary [here](#). (have some tissues handy!)

What kind of tree fits in your hand?



A palm tree.

October Toolkit: National Head Start Awareness Month

NAP TIME &
SAFE SLEEP



#ParentsChoose



NATIONAL HEAD START ASSOCIATION

1-ON-1 TIME
WITH KIDS &
**JOB SUPPORT
FOR PARENTS**



#ParentsChoose



NATIONAL HEAD START ASSOCIATION

FIRST FOODS &
FREE FORMULA



#ParentsChoose



NATIONAL HEAD START ASSOCIATION

October is National Head Start Awareness Month! National Head Start Awareness Month is an opportunity to draw attention to the work Head Start does. Every year, the National Head Start Association focuses on the challenges, the opportunities, and the high-quality services that make Head Start and Early Head Start a leader in early childhood education. Visit nhsa.org to see why parents choose Head Start or to utilize the social media template to share why families you work with choose Head Start! The weekly NHSAM themes are:

October 1-8: Pride Week

October 16-22: Alumni Week

October 9-15: Take Action Week

October 23-31: Dollar Per Child Week

HEALTHY SNACKS &
FOOD SECURITY



#ParentsChoose



NATIONAL HEAD START ASSOCIATION

1-ON-1 TIME
WITH KIDS &
**JOB SUPPORT
FOR PARENTS**



#ParentsChoose



NATIONAL HEAD START ASSOCIATION

World Bullying Prevention Month

The conversation to prevent bullying can start as early as a when a child learns the difference between kindness and unkindness. Did you know at least 1 out of every 5 kids in the United States is bullied? In Texas, at least 40% of those who are bullied have seriously considered suicide. To give caregivers the tools to empower their children to be anti-bullying champions and to get messaging out about bullying prevention, the DFPS PEI Communications Team created content designed to help caregivers have conversations with their children about bullying that can be posted on your organization's websites or social media channels. Visit [here](#) to view toolkit.

Important Dates In October:

October 1-31: SIDS Awareness Month (view toolkit [here](#))

October 3-7: [Mental Illness Awareness Week](#)

October 10: Indigenous Peoples' Day

October 11: International Day of the Girl

October 13: Metastatic Breast Cancer Awareness Day

October 15: [World Pregnancy & Infant Loss Remembrance Day](#)

October 19: [Unity Day](#)

October 31: Happy Halloween!

