

# Help Me Grow North Texas News

April 2023 Edition

## Child Abuse Prevention Month

April is Child Abuse Prevention Month. This month, we seek to be especially intentional about providing families with support, knowledge, and resources to aid in the prevention of child abuse. The Help Me Grow Marketing subcommittee has created a social media toolkit for providers to promote protective factors and highlight how Help Me Grow North Texas may support families and other community programs. To view the toolkit click [here](#). DFPS has also created a social media toolkit with the intention of reaching as many individuals as possible to equip families with knowledge and resources to support child abuse prevention practices in Texas. View the toolkit [here](#).



Developmental screening is important to find areas of growth and see where your child is thriving



Texas Department of Family and Protective Services  
Prevention and Community Well-Being

Help give parents **the support** they need!

[GetParentingTips.com](#)

**Tips for Thriving Families**  
#ChildAbusePreventionMonth

## Help Me Grow National Forum

 Help Me Grow  
National Center • North Texas

Save The Date

**HELP ME GROW  
NATIONAL  
FORUM WEEK  
2023**

IN-PERSON SUMMIT  
Fort Worth, Texas | October 11-13

VIRTUAL EVENT  
October 17

Help Me Grow North Texas is incredibly proud and honored to be the host of this year's Help Me Grow National Forum!! The forum this year will feature both an in person summit and virtual event for attendees to chose from. Please join us October 11-13 in person or October 17 virtually for a fun filled and informative celebration!

# Autism Acceptance Month

April is also Autism Acceptance Month! This provides us with a beautiful opportunity to highlight some supports for families with children on the autism spectrum and providers that service children on the spectrum as well. Below, you will find some information regarding the importance of early childhood intervention for children with Autism; in addition to, some tips to help your child with autism in building social skills!

## Importance of Early Childhood Intervention for Children with Autism

- An early diagnosis can mean a child gains access to important therapies and resources when they can be most effective
- ABA Therapy is shown to be most effective on toddlers and young children because their brains are not completely developed and have increased potential for developing new learning pathways!
- Children who receive Early Intervention have improved outcomes and increased success and independence later in life.

A special thank you to My Health My Resources Collaborative Care Clinic for providing this imperative information! For connection to community resources call 844.689.5437 for Help Me Grow or 844.689.8336 for Help Me Thrive.

## 5 Tips to Help Your Child with Autism Build Social Skills

- Start with the Basics
- Utilize Visual Aids
- Practice, Practice, Practice
- Incorporate your child's interests
- Stay Patient

For elaboration on these concepts and to view other tools, supports, and resources visit Life Skills Autism Academy [here](#).

*Accept. Understand. Love*

## Earth Day

April 22 is Earth Day! The Earth Day theme this year is "Invest in our Planet!" PBS kids has compiled a list of fun, family-friendly activities for celebrating earth day together including planting a terrarium, a virtual national parks visit, creating a nature journal, and more! See the full list [here](#). Other nature events to explore with your little ones:

- Nurture Nature Exploration @ Play Studio (more info [here](#))
- Kids Korner: Gardening Time @ Springtown FRC (more info [here](#))
- Earth Day Market @ Dallas Arboretum (more info [here](#))
- Oak Cliff Earth Day @ Lake Cliff Park (more info [here](#))

## Black Maternal Health Week

Black Maternal Health Week is April 11-17! This year's theme is "Our Bodies Belong to Us: Restoring Black Autonomy and Joy!" This annual public health campaign was founded by the Black Mamas Matter Alliance to build awareness, activism, and community-building to amplify the voices, perspectives and lived experiences of Black Mamas and birthing people. The Maternal and Child Health (MCH) Equity Lab through University of Texas at Arlington is hosting in person events throughout the week to raise awareness about the black maternal health crisis. For information about events visit [here](#).



## Community Partner Spotlight!

[Lumin](#) Education's vision is "Start Young and Involve Parents" to take advantage of the window of opportunity in a child's early brain development. They advocate for early childhood development using Montessori principles with a whole-child approach to education. They believe that for children to have the greatest success, we need to start working with them as soon as possible. Lumin offers a plethora of including a specialized fatherhood initiative! Lumin, thank you for your partnership and all you do to serve families within our community! To become a Help Me Grow North Texas partner visit [here](#).



## Month of the Military Child

April is the Month of the Military Child. This year's theme is "Taking Care of Our Military Children." The hope is to promote and shed light on the variety of programs and support available to help military, youth, and teens and their parents thrive. Military One Source, a website through the Department of Defense, provides a multitude of resources, information, and supports to military families and the programs that support them. They have also compiled a social media toolkit to utilize throughout the month. View the toolkit [here](#).



## Important Dates in April:

April 1-30: [Financial Literacy Month](#)

April 1-30: [Children and Nature Awareness Month](#)

April 1-30: [National Poetry Month](#)

April 24-28: [Every Kid Healthy Week](#)

## Employment Opportunities:

[Child Care Group Careers](#)

[My Health My Resources Careers](#)

[United Way of Metropolitan Dallas Careers](#)