

Help Me Grow North Texas News

February 2023

February is Black History Month! This month provides us with a beautiful opportunity to celebrate and honor the contributions, culture, and history of black individuals across the globe. Conversations delving into race and ethnicity are vital in the spaces where we exist to celebrate uniqueness, dismantle barriers to connection, and promote true equity. *Mom of All Capes* has established a toolkit to assist in facilitating conversations surrounding race with children, each other, and ourselves! This fun toolkit identifies kid-friendly ways to also consciously incorporate black arts and culture in our spaces through books, poems, articles, and movies. There is also a special short video produced by PBS Kids featuring the poem "[Talking Gets Us There](#)" by Amanda Gorman. View the toolkit [here](#).



Family Resource Center Update!

The Help Me Grow Family Resource Center (FRC) in Springtown was featured in the Winter edition of the Heritage magazine! The article outlines the impact and immersion of the center within the local community of, not just Springtown, but Parker County as a whole. The close-knit feel of the town permeates the walls of the Family Resource Center as Jeanne Stevens (Community Alignment Coordinator), Jennifer Riley (Family Navigator), and Mieke Brock (Parent Engagement & Groups Coordinator) ensure that the center is a supportive and safe space for all caregivers and children. The FRC provides a multitude of family based services tailored to the community including developmental screenings, resource connection, and groups for both caregivers and children. Visitors to the Family Resource Center may walk in unfamiliar, but are sure to leave empowered and feeling like family! For more information about upcoming groups visit [here](#) or drop in Monday-Friday anytime between 8-5 at 314 E 5th Terrace, Springtown, TX 76082.



Parker County Family Resource Center staff members, from left is Family Navigator Jennifer Riley, Community Alignment Coordinator Jeanne Stevens, and Mieke Brock, who oversees parent education/parent engagement groups.

"This is like a home for me, too, not just work... We support each other. We support our family, our community, and that makes it all worthwhile." ~Mieke Brock~

Sesame Street In Communities

Sesame Street in Communities was established to support organizations in their critical work of supporting families and healthy child development. Their website is full of hundreds of bilingual multimedia tools built to engage kids and adults in everyday moments and daily routines—from teaching early math and literacy concepts, to encouraging families to eat nutritious foods, to serious topics such as divorce and food insecurity. View the website [here](#) for professional development opportunities as well. February 3 is Elmo's birthday!



Family-Engaged Developmental Monitoring

Help Me Grow National has developed a Roadmap for Advancing Family-Engaged Developmental Monitoring (FEDM). FEDM is defined as an intentional partnership of families and providers working to highlight a child's developmental progress and identify opportunities for support and education for positive outcomes. The three essential attributes of FEDM include:

- Families are regarded as the expert on their child's development
- Information is gathered to inform a holistic approach to the child's development
- Developmental progress and needs are discussed over time

View the complete roadmap [here](#).

Community Partner Spotlight!

The Tribe Home Daycare is a child care center located in Fort Worth, Texas. Their approach, which is founded on the principle of learning through play, encourages children to engage in loose-parts and open-ended play. Children are able to explore and learn through hands-on activities (like gardening) to support creativity and problem solving. For more information, visit their website [here](#). To partner with Help Me Grow North Texas visit [here](#).



National Black Child Development Institute

The National Black Child Development Institute (NBCDI) seeks to achieve positive outcomes for vulnerable children who suffer from the dual legacies of poverty and racial discrimination. Through collaboration with policymakers, leaders, professionals, and parents, NBCDI focuses on ensuring equity in early childhood systems at a local, state, and national level, and improving and advancing the quality of life for Black children and families through education and advocacy. NBCDI also seeks to empower professionals through developing and delivering strengths-based, culturally relevant, evidence-based, and trauma-informed resources. View their website [here](#).

Important Dates in February:

February 1-28: [National Parent Leadership Month](#)

February 1-28: [African American Heritage Month](#)

February 14: [Read to Your Child Day](#)

February 25: [Let's All Eat Right Day](#)

Employment Opportunities:

[Child Care Group Careers](#)

[My Health My Resources Careers](#)

[United Way of Metropolitan Dallas Careers](#)