

# Sign Up Today: Bright by Text

Bright by Text is a **free texting service** that sends tips, information, and resources to parents and caregivers to **help give their young child a bright start.**

**All information is provided by trusted organizations**, including the American Speech-Language-Hearing Association, Centers for Disease Control and Prevention, PBS Kids for Parents, Sesame Street in Communities, and Zero to Three.

## Keep up with:

- Milestones your child should be meeting at each age and developmental stage
- Everyday activities to support your child's healthy development at home
- Signs of communication, physical, and developmental delays or disorders—and where to find help

## The Bright by Text service:

- Is available in English and Spanish
- Offers tips and resources based on the due date or age of a child
- Covers children from prenatal through age eight
- Connects families with local resources and events in their area

Topics include brain development, speech and language skills, social-emotional development, reading and writing skills, nutrition, mental health, school readiness, and more.

For more information about this service, visit [www.brightbytext.org](http://www.brightbytext.org).

To learn about communication development and speech, language, and hearing disorders, visit [www.identifythesigns.org](http://www.identifythesigns.org).

Text **BRIGHT** to **274448**.

