

Sample Text Messages: ParentPowered Core

INFANT

(Health & Physical Development Domain)

TODDLER

(Language and Literacy Domain)

PRE-K

(Social-Emotional Learning Domain)

K-5

(Math & Science Domain)

6-8

(Home & School Partnerships Domain)

APPROACHES TO PARENTING

FACT (Monday)

FACT: When you can read your baby's cues, you're better able to soothe and comfort them. Watch and listen closely to your baby to learn what they need.

FACT: You can help your toddler build vocabulary and language skills by expanding upon their words. The more words you use, the more words they'll learn.

FACT: Children have an easier time dealing with hard feelings and tricky situations when they know how to calm down. Taking deep breaths can help!

FACT: Counting by fives is a first step in learning multiplication. When kids count by fives, they lay the foundation for knowing the times table for number 5.

FACT: As a parent, you are part of the middle school team! Everyone wins when you keep in touch with the school, ask questions, and share about your family.

FACT: The love and support you give your child helps them grow every day in every way! It's all the little things you do daily that make a BIG difference.

TIP (Wednesday)

TIP: Watch closely when your baby cries. What are they doing with their body? Are they rubbing their eyes or ears? Are they looking away? They might be sleepy.

TIP: When your toddler asks for something, add words. For example, if they say, "ball," follow with, "Oh, you want the ball. I'll roll it to you."

TIP: As you walk, pause at a door. Ask, "Can you blow the door open with three big huge breaths?" After your child gets to three open the door.

TIP: Count by fives as you walk from the bathroom to the bedroom: 5, 10, 15, 20, 25... How high can you get? Now try counting by threes. Give help if needed.

TIP: Check out the school website. Can you find the school calendar, teacher contact information, and how to see your child's grades? If not, reach out to ask.

TIP: Today, think about your parenting superpower. It's something you're REALLY amazing at. Telling stories, giving hugs, or listening are a few. What's yours?

GROWTH (Friday)

GROWTH: Keep reading your baby's cues. When they arch their back, it may be discomfort. Try holding them in a different position and check for a wet diaper.

GROWTH: Keep using language. You're helping your toddler grow. Now add more descriptive words: The ball is yellow and bouncy. Grandma gave it to you.

GROWTH: Keep staying calm with deep breathing. When your child is frustrated or upset, challenge them to take three big breaths (so big the door blows open).

GROWTH: Keep counting by fives. Now challenge your child to count by fives all the way up to 100! Can they do it before you finish brushing your teeth?

GROWTH: Keep connecting. Ask your child, "Who teaches your favorite class?" Send an email to let the teacher know. Ask the best way to stay in touch too.

GROWTH: Keep celebrating YOU. Now think about a proud parenting moment from the week. What made it special? Thinking about these moments celebrates YOU!

ParentPowered Core is available in more than 10 languages. Contact us for details.