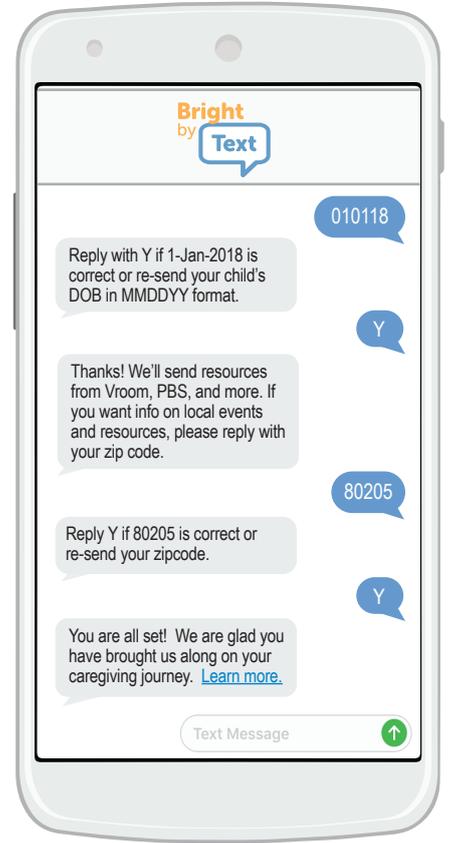
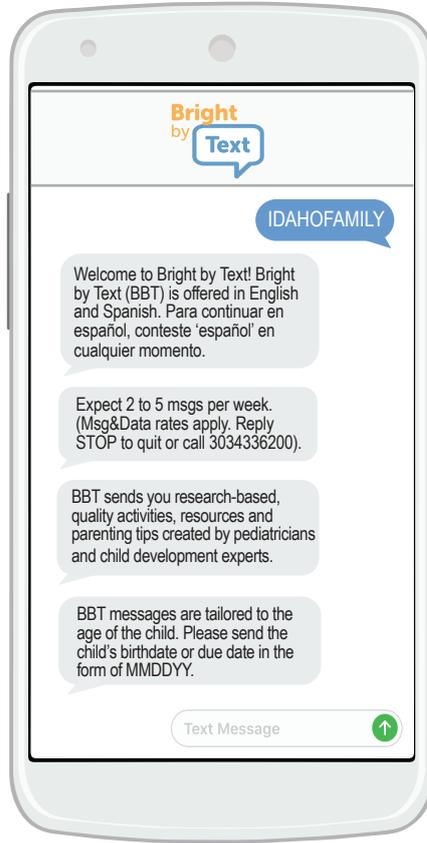


 free activities, games and resources  
for parents and caregivers of children prenatal to age 8

How to sign up

Text IDAHOFAMILY to 274448 then follow the prompts.



Bright by Text parents say

"I love getting little **age-appropriate** messages on my phone that I know are **reliable** and backed by **science**." 



I love that they don't interrupt my life that I can look at them when I want to and they're just **friendly reminders** of best practices to do with your child.

I really like that the messages include local information about free family centered events or programs near me.

The thing I like the most is that you **don't feel alone** on the **parenting journey**."



Learn more at brightbytext.org