

BABY DAY[®]

PRESENTED BY: FIRST 3 YEARS

Virtual



APRIL 26



2025

**1:00
PM**

HELPING YOUR LITTLE ONE STAY CALM AND CONNECTED

Join *Ashley Harrell, Occupational Therapist*, as she guides parents in **understanding their infant's and toddler's emotional and sensory needs**. This session will offer practical strategies to support calmness, connection, and self-soothing through everyday interactions, helping your little one feel secure and regulated.

**1:45
PM**

GROW WITH ME!

In this session, *Nicci Carrington from UT Health Houston - Children's Learning Institute* will walk parents through the **Developmental Milestones Checklist** and other valuable resources. Learn how to track your child's progress, identify key developmental stages, and support their growth with evidence-based tools.

**2:30
PM**

LAUGH AND LEARN: SENSORY PLAY

Join *Brittany Booker and Sarah Tabor from United Way Greater Houston* for a **fun and engaging session on sensory play!** Discover how sensory activities encourage learning through exploration, curiosity, and problem-solving, while also promoting cognitive growth and development in babies and toddlers.

**3:15
PM**

BABY MASSAGE

Melanie Wattles, RN, CIMI with Babystrokes Infant and Child Massage, will **introduce parents to the benefits of infant massage**, including how it promotes bonding, relaxation, and overall well-being. Learn about the best oils to use, when and where to massage, and practice a few simple strokes to try at home with your baby.

For more information:



www.first3yearstx.org/baby-day