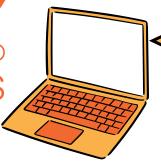
BABY DAY

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