

Every parent has challenging days, especially as COVID-19 changed our lives and communities completely over the last year.

On those difficult days, a short text from a friend can be a boost that turns your day around. That little boost is powerful! It helps you feel connected again, especially when you need it the most.

Pollywog is here to give you a boost too, through Bright by Text! Bright by Text is a free service that texts tips and ideas to help you raise happy and healthy children.

The Bright by Text messages are based on your child's age and development so they have the information you need, exactly when you need it, for children up to 8 years old.

**95% of parents
using Bright by Text
say they feel more confident
in their parenting!**

Bright by Text is available for expecting parents too! Sign up with your due date to receive pregnancy-related information timed to your expected delivery.



Bright by Text is for expecting parents too!



You can count on the information from Bright by Text because it is only from trusted sources, like the CDC, PBS, Sesame Street, Zero to Three, and other experts in early childhood development.

Each text is short and to the point, exactly what busy parents and caregivers need. They include links to more information, videos, and other learning materials, all based on your child's age.

Bright by Text sends information on these topics, and more:

- Sleep
- Potty training
- Communication
- Tantrums
- Motor skills
- Social-emotional development
- Brain development
- STEM (science, technology, engineering and math) activities
- Language and reading
- Physical activity
- Nutrition
- Safety
- Caregiver resilience
- Encouragement

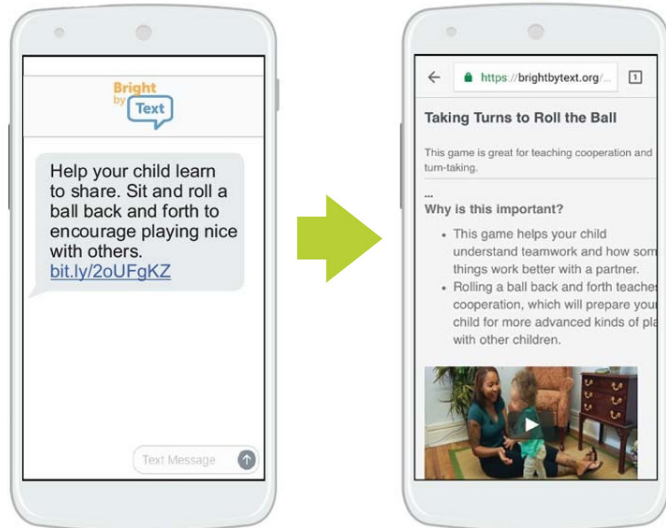
How Does Bright by Text Work?



Sign up for Bright by Text with 3 easy steps!

1. Text 'ELHKIDS' to 274448 (ELH is for Early Learning Hub).
2. Bright by Text will ask your child's birthdate to tailor the information to the right age.
3. Then Bright by Text will ask your zip code so you can get local information from Pollywog too.

Once you are signed up, Bright by Text will send you two or three texts per week. Each text has a short message and a special link to learn more. Here's what they look like:



On the Bright by Text website, you'll also find links to the information source and related sites for more ways to explore the topic.

FAQs about Bright by Text

- Is Bright by Text offered in Spanish? Yes!
The option to switch to Spanish is offered during sign up.
- Is Bright by Text really free? Yes!
Text messaging or data fees may apply, based on your cellular plan.
- Is my information and my child's information safe? Yes!
Bright by Text and Pollywog take safety and security very seriously. The information you submit will never be sold, shared, or disclosed. You can read the Bright by Text Privacy Policy on their website.
- Can I get messages for more than one child? Yes!
Simply go through the sign up process a second (or third, or more) time to receive texts for each child.
- Is it easy to unsubscribe? Yes!
Simply text 'STOP' in response to the Bright by Text messages. This information is also given at sign up.
- Will Bright by Text only send me a few texts per week? Yes!



 [Pollywog Facebook](#)

 [Pollywog Website](#)

 [Pollywog YouTube](#)

Pollywog Family
6500 Pacific Blvd. SW, LM-132
Albany, OR 97321
541-917-4884