

Prepared parents. Healthy families.



# **Prenatal and Parenting Class Registration**

Pollywog helps families find and enroll in local classes that meet their needs, including childbirth, breastfeeding, and parent/child classes. We love to share partner's classes, too!

## Resources, Referrals, and Services

Pollywog helps families find local resources, like health care and support programs, and facilitates quick and secure referrals for needed services.





## **Family Connects Coordination**

Family Connects is Oregon's nurse home visiting program and Pollywog works with the Linn/Benton/Lincoln Health Departments to offer Family Connects to all families with a newborn baby.

#### **Promote and Share**

Pollywog's presence on social media is designed to promote and share information and events from our local partners, especially those for families.





# For Parents, By Parents

Pollywog's monthly newsletter for parents centers on topics that are important to local families. The newsletter and our weekly parenting blog are available in Spanish and English.

## **Bright by Text**

Families can sign up to get personalized parenting info by text, from both local organizations as well as nationally-known sources.





### **Vroom.org**

Education materials including an app and flip cards with quick fun, brain-building activities for parents and kids.