

Parents, you know that learning happens all day – not just at school. Learn about easy, fun ways to keep your child growing healthy by subscribing to a new, free texting program designed specifically for parents of kids ages 1-4.

Text4Tots is a free texting program that provides important information and tips straight to your phone. The weekly text messages cover topics like nutrition, games and activities, local parenting resources, healthy habits and safety. Messages will be tailored to the age of your child and will sometimes include links to additional resources.

Enrolling is simple. Anyone can do it, not just a parent. All you need to do is send 'Text4Tots' to 898211. It's free to subscribe, but standard text messaging fees do apply.

This is a new program brought to our community specifically. Partners include the Early Learning Coalition, Healthy Start, 4C, Heart of Florida United Way and Winter Park Health Foundation.