



**Birth to Five HELPLINE**  
 \*Nothing Out of the Question\*  
**1-877-705-KIDS (5437)**

**THE APP IS HERE!**

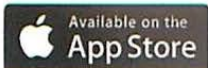
We're excited to launch the all-new  
**Birth to Five Helpline app!**

The Birth to Five helpline app allows you to easily **one-click call, text or email the Birth to Five Helpline** early childhood specialists directly from your phone.

Plus, you can visit **BirthToFiveHelpline.org**, donate or visit the Southwest Human Development and First Things First websites directly from the app!

The best part? Once the app is downloaded on your phone, there is no need to memorize the phone number!

**DOWNLOAD THE APP TODAY!**



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**FOR ALL YOUR MOMENTS**

**Because there is no rulebook for raising a child and at times it can be overwhelming, especially if a family is facing challenging times.**

The Birth to Five Helpline is a free resource for anyone who has questions or concerns about young children – parents, grandparents, caregivers, early childhood and medical professionals. No problem is too big or too small for our early childhood specialists answering your call.

**At 1-877-705-KIDS (5437)**, our bilingual and compassionate specialists are available Monday through Friday from 8 a.m. to 8 p.m. Every child is different and we work with you to address your concerns and provide the right resources, right away, to support you and your child.

Challenging Behaviors  
 Child Development  
 Feeding and Nutrition  
 Parenting Concerns

Potty Training  
 Sleep, Fussiness or Colic  
 Support for Professionals

