



# Together Growing Strong

Together Growing Strong (TGS) is a community partnership dedicated to supporting children and families from pregnancy to age seven. Our primary goal is to ensure that all children living in the Sunset Park area are cognitively, socially, and emotionally prepared for school. We offer a variety of programming to support children, families, health care providers and educators. The Family Health Centers at NYU Langone is a lead partner of this community initiative.

## Playgroups

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TGS hosts monthly playgroups for children, in a variety of settings (park, community based organizations). These playgroups provide the opportunity to integrate brain building activities that promote physical, emotional and social development. Staff select age appropriate activities and materials, to model developmental play for parents.

## Read Out Loud

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TGS selects age appropriate books for story time, to promote the further development of language, imagination and thinking skills. Staff involve children in the story telling, by asking questions and responding, encouraging two way conversations, which further enhances language skills.

## Workshops

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Monthly webinars (virtual) are offered to parents based on their feedback of topics that interests them. The purpose of the workshops is to increase the parents knowledge of these topics, therefore increasing their self confidence to better support their children's development. Past workshops have focused on: Nutrition, Screen Time Management, The Power of Play, Fostering Independence, Ready for K series, Bilingualism and Safe Sleep. \*Webinars are provided in Spanish, Mandarin and English.

## Weekly Text Messages

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TGS utilizes a text messaging system to share parenting tips (through WeChat or Remind) to families with children from the ages of 0-7 years old, two to three times a week. Parents receive developmentally appropriate activities to engage their children in learning. Two of the three weekly messages focuses on a specific theme: language learning, literacy, social emotional learning, and early math skills. The third weekly text is not focused on a theme, but rather shares useful services, such as: FHC at NYU Langone's Family Support Services, food pantry, or links to mental health support for caregivers. \*Weekly text messages are provided in Spanish, Mandarin and English.

## Community Events

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- **Community Swap Event:** provides pregnant moms and families with children the opportunity to shop at our Family Support Center for donated items (clothing, books, or toys). Our swap events are often paired with in-person presentations, provided by a Nutritionist or OB/GYN on topics such as: Breastfeeding, Nutrition or Gestational Diabetes.

## Community Events

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- **TGS x BPL Library Tours:** provides the community the opportunity to apply for a library card for the family (adults and children), learn of library resources, and activities happening in the Sunset Park Community. Our BPL tours are paired with a read out loud, arts and crafts, and movement activity for the children.
- **Food Pantry:** families shop at our Family Support Center for food items such as: milk, eggs, bread, beans, rice, pasta, oatmeal, cereal, fruit and vegetables.
- **Toy Drive:** an annual event where age appropriate toys are distributed during the holiday season, to families that are engaged in our programming.

## TGS Programs in Schools and Clinics

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- **Vroom:** an early learning initiative that empowers caregivers to play a proactive role in their children's early brain development. The program builds on the notion that there are learning opportunities to positively impact brain development all around us, including daily activities like: bath time or mealtime, and provides reinforcing messages and tips to caregivers that promotes brain-building interactions in children's everyday lives.
- **Video Interaction Project (VIP):** is a relationship-based, individualized parent-child intervention, delivered during pediatric well visits. VIP focuses on recording a brief parent child interaction, such as reading or playing with a book or toy provided by the program, followed by watching the recording with a parenting coach who provides reinforcing messages and suggestions for more interaction opportunities.
- **ParentCorps:** The mission of ParentCorps is to help schools partner with families to ensure that all children are able to thrive both in school and at home. ParentCorps is comprised of three main components: a social-emotional learning program implemented by teachers, a parenting program for families, and professional development for school leaders, teachers, mental health professionals, and parent support staff.
- **Reach Out, Stand Strong, Essentials for New Mothers (Rose):** a postpartum depression prevention program that focuses on psychoeducation, building supports, reducing and managing stress, and enhancing interpersonal relationships among pregnant women.

## Contact Us

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For more information about our programs or to refer clients, please contact Gema Guevara-Jo, Senior Program Coordinator at: [Gema.Guevara-Jo@nyulangone.org](mailto:Gema.Guevara-Jo@nyulangone.org), Tel No. (802)551-1220