

Sign Up is Easy!

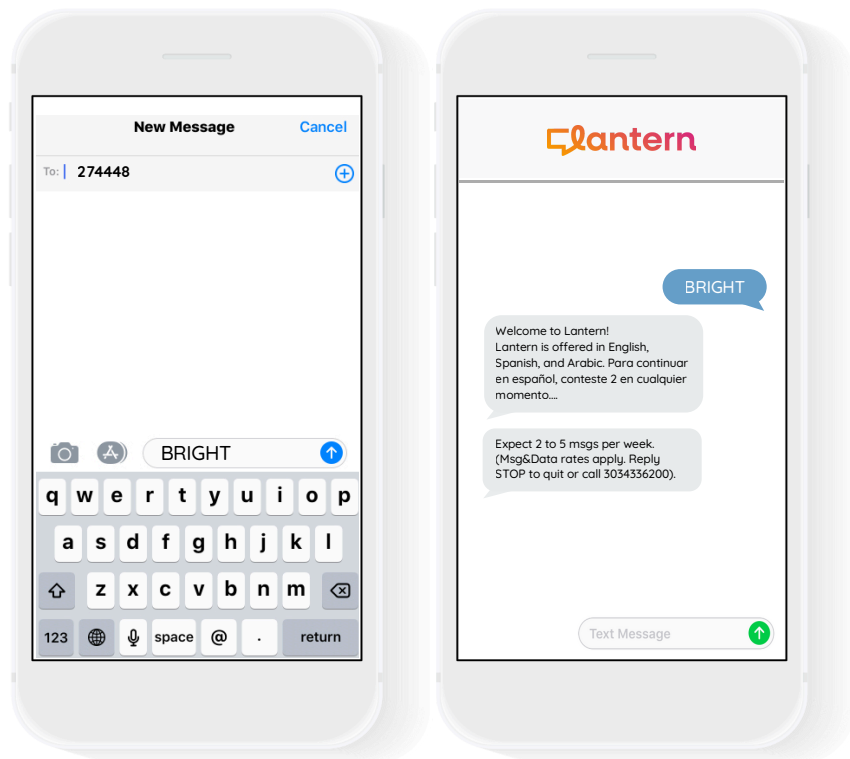
Text **BRIGHT** to **274 448** then follow the prompts or scan here



Receive text messages to help you in your parenting journey.

We cover it all: tantrums, nutrition, brain-building activities, local events, and much more!

Messages are timed to your child's age, from pregnancy to preteen.



Lantern Parents Say



"I love getting little **age-appropriate** messages on my phone that I know are **reliable** and backed by **science**."

"I love that they don't interrupt my life that I can look at them when I want to and they're just **friendly reminders** of best practices to do with my child."

Learn more at mylantern.org



Lantern is a non-profit organization. They don't sell or share information. *Message and data rates apply. Text STOP to 274448 to stop. Text HELP to 274448 for help.

