

2026 VIRTUAL

FAMILY SAFETY HEALTH CONFERENCE

Intended for parents and caregivers
who care for children of all ages



Saturday, May 02
9:00 AM to 12:00PM CST

CHILD PASSENGER SAFETY

Learn the appropriate use of child restraints and car safety belts to reduce deaths and injury.

KEEPING YOUR KIDS SAFE

Who is keeping your children safe in the childcare setting? Learn the do's and don'ts in selecting childcare.

LESS IS MORE

Approximately 10% of school-aged children are severely obese. Learn how to identify sugary foods and beverages that play a role in obesity.

REFRESH, RESET, RENEW

Parenting is hard work and can be stressful. Learn tips for self-care and ways to relieve stress.

OUTDOOR SAFETY

Texas summers can be hot and dangerous. Learn safety measures to practice while outside.

FAMILY PHYSICAL ACTIVITY

Learn about the importance of family in the promotion of physical activity and health.



Each session will last 25
minutes with time for Q&A.
Event will be hosted on Teams.

REGISTER BY
WEDNESDAY, APRIL 29



For more information:
713-274-0950
DOOR PRIZE DRAWINGS



FAMILY &
COMMUNITY HEALTH



EXTENSION



TEXAS
Health and Human
Services

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