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### **Be Healthy Burleson's program helps new parents**

*Burleson Babies program was created to welcome the city's newest residents and provide resources to parents*

The Burleson Babies program was started to give the city's newest residents and their families a healthy start.

The program is entering into its second year, providing information that highlights all of the fantastic things that the Burleson community has to offer along with essential resources for families. Last year, the program's inaugural year, Be Healthy Burleson gave away 600 welcome kits.

The Be Healthy Burleson board put together welcome gift bags for the Burleson families that deliver at Texas Health Huguley Fort Worth South hospital.

This year's welcome kit also includes an "I Heart Burleson" onesie, Cook Children's giveaways (child abuse prevention cards, water safety prevention children's book, ages & stages cards, nutrition and safety education information), infant spoons from Johnson County Alliance for Healthy Kids, Sigma Swimming rubber duck toy, drowning prevention information and refrigerator magnet, 4 Chick-Fil-A meals, Burleson Independent School District welcome card, free beverage from Dwell, free HEB curbside pickup, and pediatric information from Texas Health Resources.

If you live in Burleson but delivered at a different hospital or if you welcomed a new baby to your family via adoption or home birth, you can visit Be Healthy Burleson's website, <https://behealthyburleson.com/> to complete a form and a welcome kit will be mailed to you. You must have Burleson address, and the kits will be distributed on a first-come, first-served basis.

The Be Healthy Burleson Initiative was started to lay a foundation for health and wellness throughout the community. Starting inside the city scope with parks, hike/bike trails, events, and moving outward with large-scale partnerships, including a variety of health and wellness related opportunities for the community, the Be Healthy Burleson campaign continues its mission for a more educated, active, healthy, and fun city.

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