



text4baby™

www.text4baby.org

FREE · FREE · FREE

For English, text
BABY to 511411

Envia BEBE al
511411 para Español

GRATTIS·GRATTIS·GRATTIS

- If you're pregnant or a new mom, there is a free service called text4baby that can help keep you and your baby healthy.
- Text4baby will send you 3 text messages each week with tips to help you through your pregnancy and your baby's first year.
- It is free to sign-up for text4baby and the messages are free.
- To sign up, text BABY to 511411. For Spanish, text BEBE to 511411.
- If you have any questions or concerns about your health or your baby's, contact your doctor or local perinatal network.

Text4Baby is an educational service of the National Healthy Mothers, Healthy Babies Coalition. The Association of Perinatal Networks (APN) is a New York State partner with text4baby. For more information, please call 1-800-231-0744 or visit www.associationofperinatalnetworks.org.