



YOUR BABY HAS YOU, YOU HAVE TEXT4BABY

Text **BABY** (or **BEBE** for Spanish) to **511411**

Get three **FREE** messages a week on your cell phone to help you through your pregnancy and baby's first year. Text4baby delivers messages covering a wide range of pregnancy and baby health topics, including safety, immunizations, nutrition, birth defects prevention, safe sleep, developmental milestones and more.

Text4baby is a free service of the National Healthy Mothers, Healthy Babies Coalition.
Text **STOP** to discontinue service or **HELP** for technical help. Visit www.text4baby.org.



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