



text4babySM

A free service of the
National Healthy Mothers, Healthy Babies Coalition

text4baby.org

Text **BABY** to **511411**

& get **FREE** messages
on your **cell phone** to
help you through your
pregnancy & your
baby's first year.



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Depression
Car Seat Safety
Nutrition
Infant Care
Postpartum Depression
Quitting Smoking
Milestones
Prenatal Care
Oral Health
Infant Feeding
Exercise
Labor & Delivery
Immunization

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