

text4baby

text4baby is a free text message program that will send messages once a week to your cell phone. The texts give you information to help you take care of your health while you are pregnant and care for your baby during the first year of life.



To sign up for free text messages, text the word BABY to 511411 or register online (www.text4baby.org). You will be asked to enter your baby's due date or your baby's birthday and your zip code.



Once you are registered, you will start getting free messages with tips for your pregnancy or caring for your baby.