Your baby has you

You have text4baby

Text BABY to 511411

Get **FREE** messages on your cell phone through your pregnancy and baby's first year.

text4baby™

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

text4baby.org

FDA Office of Women's Health

www.fda.gov/pregnancy

What is text4baby?

If you're pregnant or have a baby under one year, you can sign up to receive **FREE text messages** on prenatal, infant care, and more.

You'll receive three text messages each week, timed to your due date or your baby's first birthday. Messages begin during your pregnancy and go through your baby's first year. You'll get information on prenatal and infant care, immunization, developmental milestones, nutrition, oral health, quitting smoking, safety, and more.

All messages you receive from text4baby are free! Even if you don't have a text messaging plan, you can get these messages at no cost. If you have limited texting per month, text4baby won't take away from your total number of messages. All major U.S. mobile phone companies are participating in text4baby. To see a full list, visit **www.text4baby.org**.

Sign up now - text BABY (BEBE en Español) to 511411

Looking for information on medicines and pregnancy? The FDA Office of Women's Health has free materials and videos to help you make good choices about the medicines and other products that are safe for you and your baby. Learn more at: **www.fda.gov/pregnancy.**

Office of Women's Health

healthy mothers, healthy babies

Text the word "BABY" (or "BEBE" for Spanish) to 511411 to receive three free text messages a week, through pregnancy and up until the baby's first birthday. For more info visit www.text4baby.org. Text "STOP" to discontinue messages or "HELP" for help.