

Free pregnancy and newborn info sent to your phone.

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



Info gratis durante el embarazo y todo sobre el recién nacido enviada a tu celular.

Envía **BEBE** al **511411**



- **Text4baby** is a free text messaging program developed by the Healthy Mothers Healthy Babies coalition (HMHB). Pregnant women and new moms who sign up will receive free text messages in English or Spanish, timed with their due date or baby's date of birth. To print easy-to-read handouts about this program for Alliance members, [click here for English](#) or [click here for Spanish](#).
- **Text4baby** pregnancy and infant messages were developed by HMHB in collaboration with federal partners, physicians and nurses and national medical organizations. Women receive tips on the importance of prenatal and postpartum care, breastfeeding, lead poisoning prevention, immunizations, nutrition, exercise, and much more. Text messages also provide contact information for valuable resources, such as WIC, poison control, and domestic violence assistance.
- Signing up is easy! Women just text **BABY** to 511411 (or **BEBE** for Spanish). They can also sign up online at [www.text4baby.org](http://www.text4baby.org). They will immediately begin receiving 3 text messages per week. All texts from this program are free. Normal cell phone charges apply for all other calls or texts. Messages can be stopped at any time by texting **STOP** to 511411.
- Thanks to the support of CTIA - The Wireless Foundation and participating wireless service providers, all messages received from **text4baby** are free. Even if users do not have a text messaging plan, they can get these messages for free. If they have limited texting per month, **text4baby** won't take away from the total amount of messages.
- **Text4baby** is not an Alliance program. It is a service of the National Healthy Mothers, Healthy Babies Coalition. To find out more, go to [www.text4baby.org](http://www.text4baby.org). If you still have questions, feel free to call the free Alliance Health Education Line at 1-800-700-3874, ext. 5580.