



Department of Health
Agency of Human Services

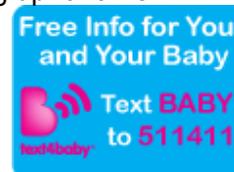


New Vermont Moms Encouraged to Participate in text4baby

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BURLINGTON – Pregnant women and new moms can now get free tips and information by signing up for a new mobile information service called text4baby.

The text messages – available at no charge to subscribers – are tailored to expectant mothers and focus on a wide range of topics including immunization, nutrition, flu, mental health, preventing birth defects, oral health and safe sleep.



“This is an excellent use of social media to reach out to women with information to help them care for their health and give their babies the best possible start in life,” said Breena Holmes, MD, maternal and child health director for the Health Department.

An example of a free message is: Keep your baby away from cigarette & cigar smoke. It hurts their lungs, heart, brain & nose & can raise their risk of sudden infant death.

Text4baby messages also connect women to prenatal and infant care services.

Nearly all the major U.S. mobile operators have agreed to make text4baby a free service for all subscribers. To sign up, text BABY to 511411. To sign up for text4baby in Spanish, text BEBE to 511411.

For more information, visit text4baby.org. Text4baby is an educational service of the National Healthy Mothers, Healthy Babies Coalition.

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