

Looking for information you can trust to guide you through pregnancy and parenting?

“ Your messages come at the right time that I have questions/concerns. Thank you for all your supportive, trustworthy help.”



Text **WDHB**
to **57881**

to sign up for weekly mobile messages directly from your care team



When you sign up, you'll receive weekly emails that answer your care questions:

- What does my baby's growth look like this month?
- How much crying is normal for my baby?
- How do I get my baby back to sleep?



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