



**Text BABY  
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& get **FREE** messages  
on your **cell phone** to  
help you through your  
pregnancy & your  
baby's first year.

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A word cloud of pregnancy and infant care topics. The words are arranged in a roughly triangular shape, with 'Nutrition' and 'Prenatal Care' being the largest. Other prominent words include 'Exercise', 'Labor & Delivery', 'Oral Health', 'Infant Feeding', 'Infant Care', 'Safe Sleep', 'Breastfeeding', 'Car Seat Safety', 'Postpartum Depression', 'Quitting Smoking', 'Milestones', 'Flu', and 'Immunization'.

Safe Sleep  
Breastfeeding  
Car Seat Safety  
Nutrition  
Infant Care  
Postpartum Depression  
Quitting Smoking  
Milestones  
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Oral Health  
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