

SmartMom

SmartMom will text you information to help guide you through every week of your pregnancy.

Texts are tailored to your due date.

All information is free and from health sources you can trust

Texts link you to websites and videos on:

- How your baby is growing
- The important choices you'll face
- How to manage your labour



To Enroll:

Text "**SmartMom**" to 12323 or visit

www.smartmomcanada.ca

