## Free Text Messages with Health Tips

Scan with your camera app to view these resources & more on Cap4Kids.org

Ready4K Text messaging program that sends fun facts and easy tips to promote learning and child development from birth to 3<sup>rd</sup> grade.



**Text 4 Baby** Free weekly text messages to help mothers through their pregnancy and the baby's 1<sup>st</sup> year. Text BABY for English **OR** BEBE for Spanish to 511411.







