

Week of Pregnancy	Message content	Link	Topic
5	Folic acid prevents some types of birth defects. Ask your care provider if you can get free prenatal vitamins: <a href="https://smpt.io/w0j0h2">smpt.io/w0j0h2</a> DataRatesApply	<a href="https://smpt.io/w0j0h2">smpt.io/w0j0h2</a>	Healthy Eating and Nutrition
5	Up to 80% of people have morning sickness (nausea and vomiting) in pregnancy. Try these tips: <a href="https://smpt.io/s0iedd">smpt.io/s0iedd</a> & <a href="https://smpt.io/i5wmxf">smpt.io/i5wmxf</a> DataRatesApply	<a href="https://smpt.io/s0iedd">smpt.io/s0iedd</a> <a href="https://smpt.io/i5wmxf">smpt.io/i5wmxf</a>	Discomforts of Pregnancy; Oral Health
5	Cannabis may be legal, but that doesn't mean it's safe to use while pregnant or breastfeeding. Learn why: <a href="https://smpt.io/jsmfqn">smpt.io/jsmfqn</a> DataRatesApply	<a href="https://smpt.io/jsmfqn">smpt.io/jsmfqn</a>	Medication & Substance Use
5	If you are taking painkillers that have opioids, discuss with your caregiver. Learn about potential impact on you and your baby: <a href="https://smpt.io/w1aw4h">smpt.io/w1aw4h</a> DataRatesApply	<a href="https://smpt.io/w1aw4h">smpt.io/w1aw4h</a>	Medication & Substance Use
6	Review your immunization history and know what shots you need in pregnancy: <a href="https://smpt.io/b68ncu">smpt.io/b68ncu</a> & <a href="https://smpt.io/zcrkmy">smpt.io/zcrkmy</a> DataRatesApply	<a href="https://smpt.io/b68ncu">smpt.io/b68ncu</a> <a href="https://smpt.io/zcrkmy">smpt.io/zcrkmy</a>	Vaccination & Preventing Infection
6	Have you done the enrollment survey yet? Help SmartParent learn how to best support people thru pregnancy:		Administrative
7	Have a cat? Tell your care provider. Find tips to avoid toxoplasmosis, an infection spread by contact with cat feces: <a href="https://smpt.io/5t7t0s">smpt.io/5t7t0s</a> DataRatesApply	<a href="https://smpt.io/5t7t0s">smpt.io/5t7t0s</a>	Vaccination & Preventing Infection
7	Health experts say it's safest not to have any alcohol in pregnancy. Here are the facts on alcohol & pregnancy: <a href="https://smpt.io/88smlq">smpt.io/88smlq</a> & <a href="https://smpt.io/99evk8">smpt.io/99evk8</a> DataRatesApply	<a href="https://smpt.io/88smlq">smpt.io/88smlq</a> <a href="https://smpt.io/99evk8">smpt.io/99evk8</a>	Medication & Substance Use
7	Would you like more messages about reducing alcohol? Text us the word "ALCOHOL" to add messages to your SmartParent program.		Medication & Substance Use

7	Curious about midwifery in Nova Scotia? Find out more about midwifery and if it is available in your area: <a href="https://smpt.io/ntxcu6">smpt.io/ntxcu6</a> DataRatesApply	Prenatal Care and Screening
7	Considering vaginal birth after a prior cesarean (VBAC)? Learn about the benefits, risks, and how to choose: <a href="https://smpt.io/wh570k">smpt.io/wh570k</a> DataRatesApply	VBAC
8	If you vape or smoke, cutting down or quitting will benefit you and your baby. Learn more: <a href="https://smpt.io/6fz1iu">smpt.io/6fz1iu</a> DataRatesApply	Medication & Substance Use
8	Would you like more messages about managing your vaping or smoking? Text us the word “SMOKING” to add messages to your SmartParent program.	Medication & Substance Use
8	If you haven’t already, go ahead and book your first prenatal visit. For a heads up on what to expect, go to: <a href="https://smpt.io/fzostx">smpt.io/fzostx</a> DataRatesApply	Prenatal Care and Screening
8	Are you new to Canada? Text the word “NEW” to add messages with links to resources for new immigrants.	New Immigrants
8	Your baby has developed all of the organs that it will have at birth. Curious about the details? More: <a href="https://smpt.io/1lo19u">smpt.io/1lo19u</a> DataRatesApply	Fetal Development
9	Want to learn more about what prenatal screening is available in NS? See: <a href="https://smpt.io/veqlrv">smpt.io/veqlrv</a> DataRatesApply	Prenatal Care and Screening
9	Are you over 35 years old & having your 1st baby? Text the word “AFTER35” to add messages about pregnancy after 35 to your SmartParent program.	Pregnancy after 35
9	Physical activity is important for healthy pregnancy. Aim for 150 min per week of moderate intensity to help energy, mood & sleep: <a href="https://smpt.io/zz0ap1">smpt.io/zz0ap1</a> DataRatesApply	Physical Activity

9	A dietitian can help with safe and healthy food choices in pregnancy. Learn more: <a href="https://smpt.io/lwmm7j">smpt.io/lwmm7j</a> & <a href="https://smpt.io/ewqa8l">smpt.io/ewqa8l</a> DataRatesApply	<a href="https://smpt.io/lwmm7j">smpt.io/lwmm7j</a> <a href="https://smpt.io/ewqa8l">smpt.io/ewqa8l</a>	Healthy Eating and Nutrition
9	Would you like more messages about healthy eating and healthy weight in pregnancy? Text us the word “EATING” to add messages.		Healthy Eating and Nutrition
10	Having an ultrasound before 20 weeks is important to ensure that your due date is accurate. Make an appt soon. <a href="https://smpt.io/b5ipuv">smpt.io/b5ipuv</a> DataRatesApply	<a href="https://smpt.io/b5ipuv">smpt.io/b5ipuv</a>	Prenatal Care and Screening
10	The most common pregnancy loss symptoms are cramping and bleeding. Connect with a doctor if you have symptoms: <a href="https://smpt.io/pulc3i">smpt.io/pulc3i</a> DataRatesApply	<a href="https://smpt.io/pulc3i">smpt.io/pulc3i</a>	Pregnancy Loss and Infant Loss
10	Have you had a past or current pregnancy loss (miscarriage, stillbirth) or infant loss? Text the word “LOSS” to add messages & learn about resources.		Pregnancy Loss and Infant Loss
10	Your first blood test in pregnancy will check your blood type and Rh-factor. Find out why this is important: <a href="https://smpt.io/9d74jw">smpt.io/9d74jw</a> DataRatesApply	<a href="https://smpt.io/9d74jw">smpt.io/9d74jw</a>	Rh-Negative
10	Do you have A-, B-, AB-, or O- blood? If so, you are Rh-negative. Text the word “RHNEG” to receive msgs about being Rh-negative.		Rh-Negative
11	Can you keep taking your over-the-counter or prescription medicine while pregnant? Check here: <a href="https://smpt.io/wktb30">smpt.io/wktb30</a> & <a href="https://smpt.io/h1jti9">smpt.io/h1jti9</a> DataRatesApply	<a href="https://smpt.io/wktb30">smpt.io/wktb30</a> <a href="https://smpt.io/h1jti9">smpt.io/h1jti9</a>	Medication & Substance Use
11	Get tested for sexually transmitted infections during your 1st trimester. Safe treatments are available: <a href="https://smpt.io/krbw7x">smpt.io/krbw7x</a> DataRatesApply	<a href="https://smpt.io/krbw7x">smpt.io/krbw7x</a>	Prenatal Care and Screening
11	Be cautious with some food & drinks, like deli meats. Learn about safe choices in pregnancy: <a href="https://smpt.io/7yrwdy">smpt.io/7yrwdy</a> & <a href="https://smpt.io/c4i4q4">smpt.io/c4i4q4</a> DataRatesApply	<a href="https://smpt.io/7yrwdy">smpt.io/7yrwdy</a> <a href="https://smpt.io/c4i4q4">smpt.io/c4i4q4</a>	Healthy Eating and Nutrition

12	Eat safer fish! Healthy fats in fish are great for baby & you, but some contain high mercury. Learn more: <a href="https://smpt.io/mbowhx">smpt.io/mbowhx</a> DataRatesApply	<a href="https://smpt.io/mbowhx">smpt.io/mbowhx</a>	Healthy Eating and Nutrition
12	Are you vegetarian? Check you are getting the balance of nutrients you need in pregnancy. A dietitian can help. <a href="https://smpt.io/7yfozo">smpt.io/7yfozo</a> DataRatesApply	<a href="https://smpt.io/7yfozo">smpt.io/7yfozo</a>	Healthy Eating and Nutrition
12	Hot tubs & saunas can be relaxing, but don't let your inner body temperature get too high. Learn more: <a href="https://smpt.io/j2doi9">smpt.io/j2doi9</a> DataRatesApply	<a href="https://smpt.io/j2doi9">smpt.io/j2doi9</a>	Safety
12	Mental health issues are common around pregnancy. Check out these local resources: <a href="https://smpt.io/hmril9">smpt.io/hmril9</a> & <a href="https://smpt.io/b5663b">smpt.io/b5663b</a> DataRatesApply	<a href="https://smpt.io/hmril9">smpt.io/hmril9</a> <a href="https://smpt.io/b5663b">smpt.io/b5663b</a>	Mental Health & Self-Care
12	Exercising your pelvic floor muscles helps prevent urine leakage. Find out more: <a href="https://smpt.io/afkln0">smpt.io/afkln0</a> DataRatesApply	<a href="https://smpt.io/afkln0">smpt.io/afkln0</a>	Pelvic Floor Health
13	Feeling tired is common during pregnancy. Try to rest and plan naps if you need them. Tips: <a href="https://smpt.io/rycoki">smpt.io/rycoki</a> DataRatesApply	<a href="https://smpt.io/rycoki">smpt.io/rycoki</a>	Sleep Health
13	Aim to make water your #1 drink. Try adding fruit for flavour. Tips and guide for healthy options: <a href="https://smpt.io/dh9byh">smpt.io/dh9byh</a> DataRatesApply	<a href="https://smpt.io/dh9byh">smpt.io/dh9byh</a>	Healthy Eating and Nutrition
13	Are you drinking well water? If so, it's important to have it tested. Learn more: <a href="https://smpt.io/1yworv">smpt.io/1yworv</a> DataRatesApply	<a href="https://smpt.io/1yworv">smpt.io/1yworv</a>	Environmental Health
13	Changes in pregnancy can lead to constipation. Eating fibre-rich foods, keeping hydrated & staying active can help! <a href="https://smpt.io/ecbd57">smpt.io/ecbd57</a> DataRatesApply	<a href="https://smpt.io/ecbd57">smpt.io/ecbd57</a>	Discomforts of Pregnancy
14	Interested in learning about vaginal birth after a previous cesarean section? Text us the word "VBAC" to add messages to your SmartParent pregnancy program.		VBAC

14	Call 811 in most provinces for free access to registered nurses, dietitians and pharmacists.		Resources & Services
14	If you smoke and want to quit, check out these Nova Scotia resources: <a href="https://smpt.io/fgd1dm">smpt.io/fgd1dm</a> & <a href="https://smpt.io/94yrj3">smpt.io/94yrj3</a> DataRatesApply	<a href="https://smpt.io/fgd1dm">smpt.io/fgd1dm</a> <a href="https://smpt.io/94yrj3">smpt.io/94yrj3</a>	Medication & Substance Use
14	Stay active with activities you enjoy such as hiking, walking, swimming, yoga and strength training: <a href="https://smpt.io/3iqyjd">smpt.io/3iqyjd</a> & <a href="https://smpt.io/warjq9">smpt.io/warjq9</a> DataRatesApply	<a href="https://smpt.io/3iqyjd">smpt.io/3iqyjd</a> <a href="https://smpt.io/warjq9">smpt.io/warjq9</a>	Physical Activity
15	Safe & happy relationships are vital for you & your baby: <a href="https://smpt.io/74fpx0">smpt.io/74fpx0</a> DataRatesApply	<a href="https://smpt.io/74fpx0">smpt.io/74fpx0</a>	Violence and Abuse
15	Would you like more messages about safety in relationships in your SmartParent program? Text the word “SAFETY” to add messages.		Violence and Abuse
15	You’ll be offered many tests in the 2nd trimester. Don’t worry, there’s help figuring it all out: <a href="https://smpt.io/6hopw8">smpt.io/6hopw8</a> DataRatesApply	<a href="https://smpt.io/6hopw8">smpt.io/6hopw8</a>	Prenatal Care and Screening
15	Your baby can smile, squint, frown, and suck its thumb. They're growing eyebrows and eyelashes! What else? <a href="https://smpt.io/jn0wm8">smpt.io/jn0wm8</a> DataRatesApply	<a href="https://smpt.io/jn0wm8">smpt.io/jn0wm8</a>	Fetal Development
16	In a car, the shoulder belt goes between your breasts & the lap belt goes under your belly, not on or above: <a href="https://smpt.io/a4b3wp">smpt.io/a4b3wp</a> DataRatesApply	<a href="https://smpt.io/a4b3wp">smpt.io/a4b3wp</a>	Safety
16	Domestic violence is common in pregnancy. Here are some NS resources if this affects you: <a href="https://smpt.io/r0q9l3">smpt.io/r0q9l3</a> & <a href="https://smpt.io/ow6q07">smpt.io/ow6q07</a> DataRatesApply	<a href="https://smpt.io/r0q9l3">smpt.io/r0q9l3</a> <a href="https://smpt.io/ow6q07">smpt.io/ow6q07</a>	Violence and Abuse
16	Every day take a prenatal multivitamin with iron, calcium and vitamin D. Learn more: <a href="https://smpt.io/24tx3b">smpt.io/24tx3b</a> DataRatesApply	<a href="https://smpt.io/24tx3b">smpt.io/24tx3b</a>	Healthy Eating and Nutrition

16	Most feel baby's first kicks at 18-22 wks. This is called 'quickening' - your provider will ask about it soon! <a href="https://smpt.io/jg7nxd">smpt.io/jg7nxd</a> DataRatesApply	<a href="https://smpt.io/jg7nxd">smpt.io/jg7nxd</a>	Fetal Development
17	You are your baby's DJ! The sound of your voice soothes your baby so talk & sing to them often. Watch this video: <a href="https://smpt.io/dyvt42">smpt.io/dyvt42</a> DataRatesApply	<a href="https://smpt.io/dyvt42">smpt.io/dyvt42</a>	Fetal Development
17	Be drastic with plastics! They can release chemicals when heated so avoid using them in the microwave: <a href="https://smpt.io/mz73in">smpt.io/mz73in</a> & <a href="https://smpt.io/y29ozo">smpt.io/y29ozo</a> DataRatesApply	<a href="https://smpt.io/mz73in">smpt.io/mz73in</a> <a href="https://smpt.io/y29ozo">smpt.io/y29ozo</a>	Environmental Health
17	Constant cold/stuffy nose feeling? Raise your head with pillows; this can help with heartburn too! More info: <a href="https://smpt.io/v4oy58">smpt.io/v4oy58</a> & <a href="https://smpt.io/rbsjh8">smpt.io/rbsjh8</a> DataRatesApply	<a href="https://smpt.io/v4oy58">smpt.io/v4oy58</a> <a href="https://smpt.io/rbsjh8">smpt.io/rbsjh8</a>	Discomforts of Pregnancy
18	Flu and COVID vaccines are recommended and safe at any stage of pregnancy. Learn how to book your free vaccines: <a href="https://smpt.io/8yfsq3">smpt.io/8yfsq3</a> & <a href="https://smpt.io/ul29n1">smpt.io/ul29n1</a> DataRatesApply	<a href="https://smpt.io/8yfsq3">smpt.io/8yfsq3</a> <a href="https://smpt.io/ul29n1">smpt.io/ul29n1</a>	Vaccination & Preventing Infection
18	For nurse moderated pregnancy, birthing and postpartum content from IWK Health follow: <a href="https://smpt.io/t02b8x">smpt.io/t02b8x</a> & <a href="https://smpt.io/arjzfg">smpt.io/arjzfg</a> DataRatesApply	<a href="https://smpt.io/t02b8x">smpt.io/t02b8x</a> <a href="https://smpt.io/arjzfg">smpt.io/arjzfg</a>	Resources and Services
18	Reducing chemical exposures and other great tips for creating a healthy environment to grow your baby: <a href="https://smpt.io/zey5hl">smpt.io/zey5hl</a> & <a href="https://smpt.io/ojavsi">smpt.io/ojavsi</a> DataRatesApply	<a href="https://smpt.io/zey5hl">smpt.io/zey5hl</a> <a href="https://smpt.io/ojavsi">smpt.io/ojavsi</a>	Environmental Health
18	Go green when you clean! Baking soda and vinegar are safe, effective and low-cost choices for your home: <a href="https://smpt.io/3a8pbu">smpt.io/3a8pbu</a> & <a href="https://smpt.io/kks526">smpt.io/kks526</a> DataRatesApply	<a href="https://smpt.io/3a8pbu">smpt.io/3a8pbu</a> <a href="https://smpt.io/kks526">smpt.io/kks526</a>	Environmental Health
19	Healthy pregnancy weight gain is different for every body. Support your body & baby with healthy food & drinks: <a href="https://smpt.io/gjey0k">smpt.io/gjey0k</a> DataRatesApply	<a href="https://smpt.io/gjey0k">smpt.io/gjey0k</a>	Healthy Eating and Nutrition
19	Working through your pregnancy? Talk to your employer about adjustments like rest breaks & no heavy lifting: <a href="https://smpt.io/55x69l">smpt.io/55x69l</a> DataRatesApply	<a href="https://smpt.io/55x69l">smpt.io/55x69l</a>	Safety

19	Acupuncture can ease some discomforts of pregnancy such as nausea, headaches, back or pelvic pain, anxiety, depression & stress: <a href="https://smpt.io/3sb8k5">smpt.io/3sb8k5</a> DataRatesApply	<a href="https://smpt.io/3sb8k5">smpt.io/3sb8k5</a>	Discomforts of Pregnancy
20	Halfway through your pregnancy! If your due date has changed, Login to update your profile: <a href="https://smpt.io/Login">smpt.io/Login</a> DataRatesApply	<a href="https://smpt.io/Login">smpt.io/Login</a>	Administrative
20	Learn about feeding your baby with breastmilk or an alternative and watch videos for tips: <a href="https://smpt.io/68memz">smpt.io/68memz</a> & <a href="https://smpt.io/232hlx">smpt.io/232hlx</a> DataRatesApply	<a href="https://smpt.io/68memz">smpt.io/68memz</a> <a href="https://smpt.io/232hlx">smpt.io/232hlx</a>	Breastfeeding; Baby Feeding & Nutrition
20	211 Nova Scotia is a great place to find programs and services available in your community. Check it out! <a href="https://smpt.io/brkt4x">smpt.io/brkt4x</a> DataRatesApply	<a href="https://smpt.io/brkt4x">smpt.io/brkt4x</a>	Resources and Services
21	Depression is very common during or after pregnancy. There are lots of options & people who can help you: <a href="https://smpt.io/lcha2l">smpt.io/lcha2l</a> & <a href="https://smpt.io/6bgw6y">smpt.io/6bgw6y</a> DataRatesApply	<a href="https://smpt.io/lcha2l">smpt.io/lcha2l</a> <a href="https://smpt.io/6bgw6y">smpt.io/6bgw6y</a>	Mental Health & Self-Care
21	Would you like more messages about mental health during pregnancy? Text the word “MENTALHEALTH” to add messages.		Mental Health & Self-Care
21	Looking for some enjoyable & healthy meal/snack ideas? Check out Cookspiration, a resource made by dietitians: <a href="https://smpt.io/l1h1nr">smpt.io/l1h1nr</a> DataRatesApply	<a href="https://smpt.io/l1h1nr">smpt.io/l1h1nr</a>	Healthy Eating and Nutrition
21	Planning to paint or renovate before baby arrives? Do it safely with these guides: <a href="https://smpt.io/5pjzfa">smpt.io/5pjzfa</a> & <a href="https://smpt.io/yda67m">smpt.io/yda67m</a> DataRatesApply	<a href="https://smpt.io/yda67m">smpt.io/yda67m</a> <a href="https://smpt.io/5pjzfa">smpt.io/5pjzfa</a>	Environmental Health
22	Antibodies protect against infection. Baby can get them from YOU through your placenta and breastmilk: <a href="https://smpt.io/2hj77w">smpt.io/2hj77w</a> DataRatesApply	<a href="https://smpt.io/2hj77w">smpt.io/2hj77w</a>	Vaccination & Preventing Infection
22	Time to de-clutter and bust that dust! There are allergens & chemicals in dust you don't want near your baby: <a href="https://smpt.io/pwxxd8">smpt.io/pwxxd8</a> DataRatesApply	<a href="https://smpt.io/pwxxd8">smpt.io/pwxxd8</a>	Environmental Health

22	Need a family doctor? Make sure you are on the NS registry! <a href="https://smpt.io/z1g67m">smpt.io/z1g67m</a> <a href="https://smpt.io/z1g67m">smpt.io/z1g67m</a>	Resources & Services
23	Screening is recommended for gestational diabetes (high blood sugar during pregnancy). Learn more: <a href="https://smpt.io/w1bs0b">smpt.io/w1bs0b</a> <a href="https://smpt.io/w1bs0b">DataRatesApply</a>	Prenatal Care and Screening
23	If stress & anxiety is making it hard for you to enjoy your pregnancy, help is available: <a href="https://smpt.io/6mp32q">smpt.io/6mp32q</a> <a href="https://smpt.io/6mp32q">DataRatesApply</a>	Mental Health & Self-Care
23	Learn about maternity/parental leave, legal rights at work and eligibility for EI benefits: <a href="https://smpt.io/z1jxbz">smpt.io/z1jxbz</a> & <a href="https://smpt.io/rsdul3">smpt.io/rsdul3</a> <a href="https://smpt.io/z1jxbz">DataRatesApply</a>	Resources & Services
24	Did you know how important taking care of your teeth and gums is for the health of your baby? Find out why: <a href="https://smpt.io/aevgjo">smpt.io/aevgjo</a> <a href="https://smpt.io/aevgjo">DataRatesApply</a>	Oral Health
24	Sex during pregnancy: what's changed and what is safe: <a href="https://smpt.io/9rpafv">smpt.io/9rpafv</a> <a href="https://smpt.io/9rpafv">DataRatesApply</a>	Sexual Health
24	Exposure to air pollution and wildfire smoke can cause health problems for you and your baby. Learn more: <a href="https://smpt.io/c6gc14">smpt.io/c6gc14</a> & <a href="https://smpt.io/nd3acv">smpt.io/nd3acv</a> <a href="https://smpt.io/c6gc14">DataRatesApply</a>	Environmental Health
25	Are you experiencing itchy skin, colour changes or stretch marks? It's normal! Learn more: <a href="https://smpt.io/5iyp6x">smpt.io/5iyp6x</a> <a href="https://smpt.io/5iyp6x">DataRatesApply</a>	Discomforts of Pregnancy
25	Bonding with your baby begins during pregnancy. Talk and sing to your baby and look forward to meeting them: <a href="https://smpt.io/uilm54">smpt.io/uilm54</a> <a href="https://smpt.io/uilm54">DataRatesApply</a>	Fetal Development
25	Excited? Scared? Unsure about adding parenting to the challenges in your life? Find self-help resources: <a href="https://smpt.io/tzab46">smpt.io/tzab46</a> <a href="https://smpt.io/tzab46">DataRatesApply</a>	Mental Health & Self-Care



26	Have you felt rhythmic movements in your belly? It could be baby hiccups! Get to know your baby's movements: <a href="https://smpt.io/05tu10">smpt.io/05tu10</a> DataRatesApply	Fetal Development
26	Hungry all the time? Add 1-2 healthy snacks per day for your energy and your baby's growing needs. More info: <a href="https://smpt.io/or9vtl">smpt.io/or9vtl</a> DataRatesApply	Healthy Eating and Nutrition
26	Heartburn is super common. Try to stay upright after you eat and eat smaller meals more often. Read more: <a href="https://smpt.io/w30d1t">smpt.io/w30d1t</a> DataRatesApply	Discomforts of Pregnancy
27	Stay active and modify your exercise if needed. Listen to your body, make adjustments & take breaks. Try the talk test: <a href="https://smpt.io/x5kxv3">smpt.io/x5kxv3</a> DataRatesApply	Physical Activity
27	Sleeping well during pregnancy can be tricky. Tips for healthy sleep and managing discomforts here: <a href="https://smpt.io/qnvk1s">smpt.io/qnvk1s</a> & <a href="https://smpt.io/0n7w10">smpt.io/0n7w10</a> DataRatesApply	Sleep Health
27	Whooping cough (pertussis) vaccine is recommended in every pregnancy to protect your baby. Get your free vaccine at 27-32 weeks: <a href="https://smpt.io/l4udsu">smpt.io/l4udsu</a> DataRatesApply	Vaccination & Preventing Infection
27	Have a car? Do you have your rear-facing car seat yet? Find out what to look for and how to use one: <a href="https://smpt.io/k4kzht">smpt.io/k4kzht</a> DataRatesApply	Safety
28	Third trimester - On the home stretch! Learn about what's next: <a href="https://smpt.io/kr39pt">smpt.io/kr39pt</a> & <a href="https://smpt.io/jfd736">smpt.io/jfd736</a> DataRatesApply	Fetal Development
28	Ask about options for place of birth. Midwives & doctors may offer the choice of hospital or home birth: <a href="https://smpt.io/xrh6ky">smpt.io/xrh6ky</a> DataRatesApply	Labour and Birth
28	Doulas provide physical, emotional, & informational support during pregnancy & birth. See <a href="https://smpt.io/vfy37k">smpt.io/vfy37k</a> & <a href="https://smpt.io/p1rjmn">smpt.io/p1rjmn</a> DataRatesApply	Labour and Birth; Indigenous Health & Resources

28	Try to practice relaxing your pelvic floor in preparation for childbirth. Learn how: <a href="https://smpt.io/mktpbu">smpt.io/mktpbu</a> DataRatesApply	<a href="https://smpt.io/mktpbu">smpt.io/mktpbu</a>	Pelvic Floor Health
29	Sudden weight gain, swollen hands/face or headaches may be signs of high blood pressure. Call your provider. <a href="https://smpt.io/4pd636">smpt.io/4pd636</a> DataRatesApply	<a href="https://smpt.io/4pd636">smpt.io/4pd636</a>	Prenatal Care and Screening
29	Some tips to increase your chances of a healthy and positive vaginal birth experience: <a href="https://smpt.io/f9uwwb">smpt.io/f9uwwb</a> DataRatesApply	<a href="https://smpt.io/f9uwwb">smpt.io/f9uwwb</a>	Labour and Birth
29	Will your labour be induced? Find out what to expect: <a href="https://smpt.io/xqmucg">smpt.io/xqmucg</a> DataRatesApply	<a href="https://smpt.io/xqmucg">smpt.io/xqmucg</a>	Labour and Birth
29	Are you planning a cesarean birth? Find out what to expect: <a href="https://smpt.io/emu68b">smpt.io/emu68b</a> DataRatesApply	<a href="https://smpt.io/emu68b">smpt.io/emu68b</a>	Labour and Birth
30	Your baby is now rapidly gaining weight in preparation for birth. See how your baby is growing: <a href="https://smpt.io/3sxtrj">smpt.io/3sxtrj</a> DataRatesApply	<a href="https://smpt.io/3sxtrj">smpt.io/3sxtrj</a>	Fetal Development
30	The signs and symptoms of preterm labour can be similar to normal changes in pregnancy. Learn more: <a href="https://smpt.io/yq3ot6">smpt.io/yq3ot6</a> DataRatesApply	<a href="https://smpt.io/yq3ot6">smpt.io/yq3ot6</a>	Labour and Birth
30	When your baby is born, text BORN to 12323 to stop pregnancy messages and begin parenting messages to support you through your baby's first year.		Administrative
30	Tears to your pelvic floor tissues can happen during vaginal delivery. Learn how to help prevent severe 3rd and 4th degree tears: <a href="https://smpt.io/yqjh8d">smpt.io/yqjh8d</a> DataRatesApply	<a href="https://smpt.io/yqjh8d">smpt.io/yqjh8d</a>	Pelvic Floor Health
31	Baby's movements in your belly are their way of letting you know they're healthy. Learn about kick counts: <a href="https://smpt.io/uif9yi">smpt.io/uif9yi</a> DataRatesApply	<a href="https://smpt.io/uif9yi">smpt.io/uif9yi</a>	Fetal Development

31	Once contractions are regular, 1st labours last ~10-14 hours. There are 4 stages. Find info about each stage: <a href="https://smpt.io/y6ef6q">smpt.io/y6ef6q</a> DataRatesApply	<a href="https://smpt.io/y6ef6q">smpt.io/y6ef6q</a>	Labour and Birth
31	Learn how you and your support people can manage each stage of labour: <a href="https://smpt.io/aicter">smpt.io/aicter</a> & <a href="https://smpt.io/rk5ykv">smpt.io/rk5ykv</a> DataRatesApply	<a href="https://smpt.io/aicter">smpt.io/aicter</a> <a href="https://smpt.io/rk5ykv">smpt.io/rk5ykv</a>	Labour and Birth
32	Baby in breech position (bottom first)? An external cephalic version might turn baby's head down before labour: <a href="https://smpt.io/z2dx8o">smpt.io/z2dx8o</a> DataRatesApply	<a href="https://smpt.io/z2dx8o">smpt.io/z2dx8o</a>	Labour and Birth
32	Pain or discomfort in labour is different for everyone. Learn about your options for managing it: <a href="https://smpt.io/mbakbu">smpt.io/mbakbu</a> DataRatesApply	<a href="https://smpt.io/mbakbu">smpt.io/mbakbu</a>	Labour and Birth
32	RSV vaccine is recommended at 32-36 weeks to protect your newborn from respiratory illness. It can be purchased from pharmacies: <a href="https://smpt.io/5kclex">smpt.io/5kclex</a> DataRatesApply	<a href="https://smpt.io/5kclex">smpt.io/5kclex</a>	Vaccination & Preventing Infection
32	All babies born in Nova Scotia are offered Screening for congenital diseases. Find out more information: <a href="https://smpt.io/3cipaw">smpt.io/3cipaw</a> DataRatesApply	<a href="https://smpt.io/3cipaw">smpt.io/3cipaw</a>	Newborn Health
33	Most airlines won't let you fly after 36 weeks. If you do, get an aisle seat, walk lots & hydrate with water! <a href="https://smpt.io/65law0">smpt.io/65law0</a> DataRatesApply	<a href="https://smpt.io/65law0">smpt.io/65law0</a>	Safety
33	Water birth is when your baby is born under water and guided to the surface. Learn more and see if this is an option for you: <a href="https://smpt.io/0e2kts">smpt.io/0e2kts</a> DataRatesApply	<a href="https://smpt.io/0e2kts">smpt.io/0e2kts</a>	Labour and Birth
33	Public Health NS has info about your hospital stay, with a check list and video tour of some provincial birth units: <a href="https://smpt.io/0jvqdg">smpt.io/0jvqdg</a> DataRatesApply	<a href="https://smpt.io/0jvqdg">smpt.io/0jvqdg</a>	Labour and Birth
33	Writing a birth plan shows your choices to your care provider team so they can help you the way you want: <a href="https://smpt.io/ws6lw3">smpt.io/ws6lw3</a> DataRatesApply	<a href="https://smpt.io/ws6lw3">smpt.io/ws6lw3</a>	Labour and Birth

34	It's easy to confuse pre-labour (Braxton Hicks) from labour that is progressing. How to tell them apart? See: <a href="https://smpt.io/dooabe">smpt.io/dooabe</a> DataRatesApply	Labour and Birth
34	If you're planning a hospital birth, are your bags packed? Here are some ideas for what to have ready: <a href="https://smpt.io/u5tiu8">smpt.io/u5tiu8</a> DataRatesApply	Labour and Birth
34	Planning a home birth? Ask your midwife what supplies you'll need. It's a good idea to have a hospital bag packed just in case: <a href="https://smpt.io/1vanm9">smpt.io/1vanm9</a> DataRatesApply	Labour and Birth
34	You'll be offered screening for group B streptococcal infection at 35 to 37 weeks. Why is this important? <a href="https://smpt.io/92smvi">smpt.io/92smvi</a> DataRatesApply	Prenatal Care and Screening
35	Breathing techniques help with pain in labour. Practice deep, slow breaths with face and shoulders relaxed: <a href="https://smpt.io/wl59mv">smpt.io/wl59mv</a> DataRatesApply	Labour and Birth
35	Acupressure is a safe way for partners to provide labour support and natural pain management. Learn more: <a href="https://smpt.io/0h1llt">smpt.io/0h1llt</a> DataRatesApply	Labour and Birth
35	Contractions starting? No need to rush to the hospital! Find ways to cope in early labour: <a href="https://smpt.io/qo1klo">smpt.io/qo1klo</a> DataRatesApply	Labour and Birth
35	Breastfeeding supports wellness for you & your baby. Learn more: <a href="https://smpt.io/xmp92u">smpt.io/xmp92u</a> DataRatesApply	Breastfeeding
36	For the 1st hour of life after baby is born, it's best to stay skin-to-skin (baby naked on your chest). Info: <a href="https://smpt.io/xa56zv">smpt.io/xa56zv</a> DataRatesApply	Labour and Birth
36	Want to learn more about what to expect after your birth in Nova Scotia. Check out this website! <a href="https://smpt.io/3345rb">smpt.io/3345rb</a> DataRatesApply	Resources & Services

36	How do epidurals help with labour pain? Read about epidural use and pain management during labour here: <a href="https://smpt.io/0l9zfs">smpt.io/0l9zfs</a> DataRatesApply	<a href="https://smpt.io/0l9zfs">smpt.io/0l9zfs</a>	Labour and Birth
36	Breastfeeding has many benefits for you & your baby. Your body is already making colostrum (early milk). Preparing to breastfeed: <a href="https://smpt.io/6nxtao">smpt.io/6nxtao</a> DataRatesApply	<a href="https://smpt.io/6nxtao">smpt.io/6nxtao</a>	Breastfeeding
37	Latching your baby correctly is key for successful breastfeeding. Some babies need gentle help. Learn how: <a href="https://smpt.io/l2ra2z">smpt.io/l2ra2z</a> DataRatesApply	<a href="https://smpt.io/l2ra2z">smpt.io/l2ra2z</a>	Breastfeeding
37	When your baby is born, text BORN to 12323 to stop pregnancy messages and begin parenting messages to support you through your baby's first year.		Administrative
37	Have you learned from the SmartParent pregnancy program? Let us know by taking our 15-min follow-up survey:		Administrative
37	Your newborn's hearing will be screened in the hospital or at a community hearing clinic. Find out why: <a href="https://smpt.io/6hnvxv">smpt.io/6hnvxv</a> DataRatesApply	<a href="https://smpt.io/6hnvxv">smpt.io/6hnvxv</a>	Newborn Health
38	Thinking about cord blood banking? You can donate at select hospitals or bank blood privately for your family: <a href="https://smpt.io/kulfsy">smpt.io/kulfsy</a> & <a href="https://smpt.io/sts8ov">smpt.io/sts8ov</a> DataRatesApply	<a href="https://smpt.io/kulfsy">smpt.io/kulfsy</a> <a href="https://smpt.io/sts8ov">smpt.io/sts8ov</a>	Labour and Birth
38	If your water breaks, call your care provider. Green, brown, or blood-coloured fluid means go to the hospital. <a href="https://smpt.io/jfpgoj">smpt.io/jfpgoj</a> DataRatesApply	<a href="https://smpt.io/jfpgoj">smpt.io/jfpgoj</a>	Labour and Birth
38	Watch these videos where Elders share traditional teachings and words of encouragement for new parents: <a href="https://smpt.io/bk1ngy">smpt.io/bk1ngy</a> DataRatesApply	<a href="https://smpt.io/bk1ngy">smpt.io/bk1ngy</a>	Indigenous Health & Resources
38	After baby arrives, there might be changes in the bedroom. Connect with your partner. Tips: <a href="https://smpt.io/vkwcnm">smpt.io/vkwcnm</a> DataRatesApply	<a href="https://smpt.io/vkwcnm">smpt.io/vkwcnm</a>	Sexual Health

39	La Leche League has local chapters to help support nursing parent. Check out this link to find the chapter nearest to you! <a href="https://smpt.io/3xtovu">smpt.io/3xtovu</a> DataRatesApply	<a href="https://smpt.io/3xtovu">smpt.io/3xtovu</a>	Breastfeeding
39	Pain is a natural part of labour. Many women use movement & comfort positions to avoid medication. More: <a href="https://smpt.io/8ca3tz">smpt.io/8ca3tz</a> DataRatesApply	<a href="https://smpt.io/8ca3tz">smpt.io/8ca3tz</a>	Labour and Birth
39	The weeks after having a baby can be an adjustment. Here are some tips for caring for yourself after birth: <a href="https://smpt.io/57lvdw">smpt.io/57lvdw</a> DataRatesApply	<a href="https://smpt.io/57lvdw">smpt.io/57lvdw</a>	Maternal Health
40	Baby not yet born? 40 weeks is an estimate, not a deadline. Labour can start 1-2 weeks after your due date.		Labour and Birth
40	Soon after birth, you'll be asked about a Vitamin K shot for your baby. Find out more: <a href="https://smpt.io/f6osm2">smpt.io/f6osm2</a> & <a href="https://smpt.io/ady0zs">smpt.io/ady0zs</a> DataRatesApply	<a href="https://smpt.io/f6osm2">smpt.io/f6osm2</a> <a href="https://smpt.io/ady0zs">smpt.io/ady0zs</a>	Newborn Health
40	Public health NS has lots of great links to help support you in parenting your baby after birth: <a href="https://smpt.io/vuzi24">smpt.io/vuzi24</a> DataRatesApply	<a href="https://smpt.io/vuzi24">smpt.io/vuzi24</a>	Resources & Services
40	In labour, moving around helps you feel more control, lessens need for pain meds & shortens length of labour <a href="https://smpt.io/7ppqzy">smpt.io/7ppqzy</a> DataRatesApply	<a href="https://smpt.io/7ppqzy">smpt.io/7ppqzy</a>	Labour and Birth
41	No sign of labour? If you haven't started labour yet, your labour may be induced. What does this mean? See: <a href="https://smpt.io/oi81jh">smpt.io/oi81jh</a> DataRatesApply	<a href="https://smpt.io/oi81jh">smpt.io/oi81jh</a>	Labour and Birth
41	Feel overwhelmed? Ask for help when you need it. Caring for yourself allows you to care for your baby: <a href="https://smpt.io/9kfiab">smpt.io/9kfiab</a> DataRatesApply	<a href="https://smpt.io/9kfiab">smpt.io/9kfiab</a>	Mental Health & Self-Care
41	How can a partner, family or friends support you after birth? Find tips here: <a href="https://smpt.io/nkdow3">smpt.io/nkdow3</a> & <a href="https://smpt.io/tsbm4w">smpt.io/tsbm4w</a> DataRatesApply	<a href="https://smpt.io/nkdow3">smpt.io/nkdow3</a> <a href="https://smpt.io/tsbm4w">smpt.io/tsbm4w</a>	Fathers/Partners; Mental Health & Self-Care; Breastfeeding

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|----|--|----------------------|
| 41 | Family resource centers offer programming to support families across the province. Find a resource center near you: <a href="https://smpt.io/ksn4u9">smpt.io/ksn4u9</a> DataRatesApply | Resources & Services |
| 42 | Have you taken our follow-up survey? Help us learn how to support families through pregnancy:  | Administrative       |
| 42 | Enjoy your baby! SmartParent will now send you messages for your baby's first year. Login to confirm your baby's birth date: <a href="https://smpt.io/Login">smpt.io/Login</a>         | Administrative       |

## Messages for Baby's First Year

Baby's Age (in weeks)	Message content	Link	Topic
<1	Home from the hospital? Ask your midwife or doctor about phone calls or visits from a public health nurse. <a href="https://smpt.io/1nlue3">smpt.io/1nlue3</a> DataRatesApply	<a href="https://smpt.io/1nlue3">smpt.io/1nlue3</a>	Resources & Services
<1	Check out Canada's guide for caring for you and your new baby. Download or order a copy at: <a href="https://smpt.io/4odsrn">smpt.io/4odsrn</a> DataRatesApply	<a href="https://smpt.io/4odsrn">smpt.io/4odsrn</a>	Resources & Services
<1	It's normal for babies to have jaundice but if your baby is sleepy & not feeding well, see your care provider: <a href="https://smpt.io/lshzns">smpt.io/lshzns</a> DataRatesApply	<a href="https://smpt.io/lshzns">smpt.io/lshzns</a>	Newborn Health
<1	Get a good start with feeding your baby. Learn about hunger cues, latching & cluster feeding: <a href="https://smpt.io/sk8cxr">smpt.io/sk8cxr</a> & <a href="https://smpt.io/qehf6n">smpt.io/qehf6n</a> DataRatesApply	<a href="https://smpt.io/sk8cxr">smpt.io/sk8cxr</a>	Breastfeeding; Baby Feeding & Nutrition
<1	Using formula or bottle feeding? Learn safety tips for cleaning bottles and preparing formula <a href="https://smpt.io/6uzbg8">smpt.io/6uzbg8</a> & <a href="https://smpt.io/smtrdn">smpt.io/smtrdn</a> DataRatesApply	<a href="https://smpt.io/6uzbg8">smpt.io/6uzbg8</a> <a href="https://smpt.io/smtrdn">smpt.io/smtrdn</a>	Baby Feeding & Nutrition
1	Pelvic floor tears are common. A major (3rd/4th degree) tear is rare & may take 4-6 weeks to heal. Learn more: <a href="https://smpt.io/ijt4cf">smpt.io/ijt4cf</a> & <a href="https://smpt.io/t98z5g">smpt.io/t98z5g</a> DataRatesApply	<a href="https://smpt.io/ijt4cf">smpt.io/ijt4cf</a> <a href="https://smpt.io/t98z5g">smpt.io/t98z5g</a>	Maternal Health; Pelvic Floor Health
1	Canadian Paediatric Society doesn't recommend routine circumcision. It's a personal decision <a href="https://smpt.io/7ymuq1">smpt.io/7ymuq1</a> DataRatesApply	<a href="https://smpt.io/7ymuq1">smpt.io/7ymuq1</a>	Newborn Health
1	About 40% of mothers experience the baby blues and most improve in a few weeks. Learn how to recognize and manage it here: <a href="https://smpt.io/g6pgbk">smpt.io/g6pgbk</a> & <a href="https://smpt.io/1n4m6z">smpt.io/1n4m6z</a> DataRatesApply	<a href="https://smpt.io/g6pgbk">smpt.io/g6pgbk</a> <a href="https://smpt.io/1n4m6z">smpt.io/1n4m6z</a>	Mental Health & Self-Care
1	Are you feeling upset about your birth experience? Get help here: <a href="https://smpt.io/oha8w7">smpt.io/oha8w7</a> DataRatesApply	<a href="https://smpt.io/oha8w7">smpt.io/oha8w7</a>	Mental Health & Self-Care



## Messages for Baby's First Year

2	Do you know the signs of dehydration in your baby? Learn about dehydration and other common health concerns: <a href="https://smpt.io/db4k0i">smpt.io/db4k0i</a> & <a href="https://smpt.io/9mzqcn">smpt.io/9mzqcn</a> DataRatesApply	<a href="https://smpt.io/db4k0i">smpt.io/db4k0i</a> <a href="https://smpt.io/9mzqcn">smpt.io/9mzqcn</a>	Newborn Health
2	Afterpains (sharp abdominal cramps) a few days after birth are caused by the uterus contracting to prevent bleeding: <a href="https://smpt.io/vguf44">smpt.io/vguf44</a> DataRatesApply	<a href="https://smpt.io/vguf44">smpt.io/vguf44</a>	Maternal Health
2	Check your baby's stool colour. White stool may be a clue to a rare but serious liver disease - tell your doctor or midwife. <a href="https://smpt.io/i7ecx4">smpt.io/i7ecx4</a> DataRatesApply	<a href="https://smpt.io/i7ecx4">smpt.io/i7ecx4</a>	Newborn Health
3	Difficulty with breastfeeding? Call 811, find a La Leche League group, or ask your birthing hospital about lactation consultants: <a href="https://smpt.io/4ay8x3">smpt.io/4ay8x3</a> DataRatesApply	<a href="https://smpt.io/4ay8x3">smpt.io/4ay8x3</a>	Breastfeeding
3	Babies need vitamin D for healthy growth and development. Most babies need a daily supplement for the first year: <a href="https://smpt.io/o8xqmn">smpt.io/o8xqmn</a> & <a href="https://smpt.io/dmq1bj">smpt.io/dmq1bj</a> DataRatesApply	<a href="https://smpt.io/o8xqmn">smpt.io/o8xqmn</a> <a href="https://smpt.io/dmq1bj">smpt.io/dmq1bj</a>	Baby Feeding & Nutrition
3	Vaginal or abdominal pain can continue after giving birth. Here are some tips to ease discomfort: <a href="https://smpt.io/a70tl5">smpt.io/a70tl5</a> DataRatesApply	<a href="https://smpt.io/a70tl5">smpt.io/a70tl5</a>	Maternal Health
4	Most newborns need a diaper change 10-15 times a day! Make it a special time for talking, laughing & playing: <a href="https://smpt.io/uro0uc">smpt.io/uro0uc</a> DataRatesApply	<a href="https://smpt.io/uro0uc">smpt.io/uro0uc</a>	Newborn Health
4	Babies may cry more starting at 2 weeks, peaking at 2 months, and easing by 5 months. Learn about PURPLE Crying: <a href="https://smpt.io/g65q21">smpt.io/g65q21</a> DataRatesApply	<a href="https://smpt.io/g65q21">smpt.io/g65q21</a>	Baby Development, Crying
4	Fever is never normal in a baby younger than six months old. Find out how to take your baby's temperature: <a href="https://smpt.io/urx0bk">smpt.io/urx0bk</a> DataRatesApply	<a href="https://smpt.io/urx0bk">smpt.io/urx0bk</a>	Newborn Health
5	Sharing a room with baby? Place them in a crib, not your bed, to reduce risk of sleep-related infant death: <a href="https://smpt.io/krdi9o">smpt.io/krdi9o</a> DataRatesApply	<a href="https://smpt.io/krdi9o">smpt.io/krdi9o</a>	Baby Sleep

## Messages for Baby's First Year

5	Have you booked your baby's two-month immunization appointment? Here's what to expect and how to prepare: <a href="https://smpt.io/b47ciw">smpt.io/b47ciw</a> & <a href="https://smpt.io/ijcgn8">smpt.io/ijcgn8</a> DataRatesApply	Vaccination & Preventing Infection
5	Has your baby gotten diaper rash? Read how to prevent diaper rashes here: <a href="https://smpt.io/uuevf8">smpt.io/uuevf8</a> DataRatesApply	Baby Health
6	Prevent your baby's nails from growing too long. Learn how to safely cut their nails: <a href="https://smpt.io/esxt0h">smpt.io/esxt0h</a> DataRatesApply	Safety & Injury Prevention
6	Have you completed our new baby survey? Help us learn how best to support families in the first year. Go to:	Administrative
6	Have you been feeling sad, down or disinterested in things you usually enjoy? You may need help for postpartum depression. See: <a href="https://smpt.io/wsz7da">smpt.io/wsz7da</a> DataRatesApply	Mental Health & Self-Care
6	Take a walk with baby. Physical activity reduces stress, increases energy & helps strengthen your body: <a href="https://smpt.io/asigpl">smpt.io/asigpl</a> DataRatesApply	Physical Activity
6	Bladder leaks are common in the first few weeks post-partum. If it does not improve, talk to your care provider: <a href="https://smpt.io/nkzcr0">smpt.io/nkzcr0</a> & <a href="https://smpt.io/plg7jc">smpt.io/plg7jc</a> DataRatesApply	Pelvic Floor Health
7	Soother use or not? Read more about the pros and cons as well safety tips here: <a href="https://smpt.io/q66jsb">smpt.io/q66jsb</a> DataRatesApply	Safety & Injury Prevention; Oral Health
7	Curious about cloth diapers? Learn more to see if they are right for your baby: <a href="https://smpt.io/us3jwu">smpt.io/us3jwu</a> DataRatesApply	Baby Health
7	Have you registered your baby's birth? Look up how to register the birth in your province and get the documents you need: <a href="https://smpt.io/lk9om5">smpt.io/lk9om5</a> DataRatesApply	Resources & Services

## Messages for Baby's First Year

8	Soothing will help your crying baby sometimes, but not every time. Learn how to cope and keep your baby safe: <a href="https://smpt.io/paiyss">smpt.io/paiyss</a> & <a href="https://smpt.io/4zcxlf">smpt.io/4zcxlf</a> DataRatesApply	<a href="https://smpt.io/paiyss">smpt.io/paiyss</a>	<a href="https://smpt.io/4zcxlf">smpt.io/4zcxlf</a>	Baby Development, Crying
8	Do you have questions about sex after childbirth? Here is some information and tips: <a href="https://smpt.io/dtinvd">smpt.io/dtinvd</a> & <a href="https://smpt.io/h6ftvp">smpt.io/h6ftvp</a> DataRatesApply	<a href="https://smpt.io/dtinvd">smpt.io/dtinvd</a>	<a href="https://smpt.io/h6ftvp">smpt.io/h6ftvp</a>	Sexual Health
8	Some women have pain with sex after childbirth. A lubricant can help or your caregiver may prescribe estrogen cream. Learn more: <a href="https://smpt.io/nwteno">smpt.io/nwteno</a> DataRatesApply	<a href="https://smpt.io/nwteno">smpt.io/nwteno</a>		Sexual Health
8	Has your baby tried tummy time? It is fun and good for their development. It might feel good for your back to join in too! More: <a href="https://smpt.io/978rih">smpt.io/978rih</a> DataRatesApply	<a href="https://smpt.io/978rih">smpt.io/978rih</a>		Baby Development, Physical
9	Most people can now return to moderate to vigorous physical activity. Gradually increase to 120+ min per week. Learn more: <a href="https://smpt.io/149n66">smpt.io/149n66</a> DataRatesApply	<a href="https://smpt.io/149n66">smpt.io/149n66</a>		Physical Activity
9	It is not safe to jog with a baby less than 6 months old in a stroller. Find out about safe jogging with baby: <a href="https://smpt.io/ftahqk">smpt.io/ftahqk</a> DataRatesApply	<a href="https://smpt.io/ftahqk">smpt.io/ftahqk</a>		Safety & Injury Prevention
9	Most provinces have a Health Line (dial 811) that you can call to talk to a nurse and other health professionals.			Resources & Services
9	If you had significant blood loss during birth you may experience symptoms of anemia - talk with your provider. Help with coping: <a href="https://smpt.io/g8gg7e">smpt.io/g8gg7e</a> DataRatesApply	<a href="https://smpt.io/g8gg7e">smpt.io/g8gg7e</a>		Maternal Health
10	Alcohol can affect the health of you and your baby. Info and tips on alcohol safety: <a href="https://smpt.io/zuk19c">smpt.io/zuk19c</a> & <a href="https://smpt.io/qjqc8s">smpt.io/qjqc8s</a> DataRatesApply	<a href="https://smpt.io/zuk19c">smpt.io/zuk19c</a>	<a href="https://smpt.io/qjqc8s">smpt.io/qjqc8s</a>	Medication & Substance Use
10	Want to learn about expressing, storing and preparing breast milk? Find info here: <a href="https://smpt.io/uouz2w">smpt.io/uouz2w</a> DataRatesApply	<a href="https://smpt.io/uouz2w">smpt.io/uouz2w</a>		Breastfeeding

## Messages for Baby's First Year

10	Being a new father can feel exciting and also overwhelming. Learn from other dads: <a href="https://smpt.io/7o9yoy">smpt.io/7o9yoy</a> DataRatesApply	Fathers/Partners
11	Learn about supportive Indigenous beliefs, values and ceremonies here: <a href="https://smpt.io/gvrwf4">smpt.io/gvrwf4</a> DataRatesApply	Indigenous Health & Resources
11	Babies learn about emotions and self-regulation through social interaction: <a href="https://smpt.io/oy8jfn">smpt.io/oy8jfn</a> DataRatesApply	Baby Development, Social & Emotional
11	Remember to use a rear facing car seat for all babies under 12 months and all babies less than 10kg (22lb). More info: <a href="https://smpt.io/k4kzht">smpt.io/k4kzht</a> DataRatesApply	Safety & Injury Prevention
12	Connect with other parents and families in your community. Look up parenting support online to find local groups and resources.	Resources & Services
12	Plan ahead: Think about getting on a wait list for day care and even preschool. Look up childcare for your province/community online.	Parenting
12	Non-birthing parents have many ways to bond with their baby. Find out more here: <a href="https://smpt.io/ffee2p">smpt.io/ffee2p</a> DataRatesApply	Fathers/Partners
13	Parenting can be difficult, especially if you're single or your partner is away. Find support: <a href="https://smpt.io/h4t9fj">smpt.io/h4t9fj</a> DataRatesApply	Parenting; Resources & Services
13	Have you ordered a birth certificate for your baby yet? If not, order one online through your province's vital statistics office.	Resources & Services
13	Cannabis passes to babies through breast milk. More info on the effects of cannabis for you and your baby: <a href="https://smpt.io/cnsanp">smpt.io/cnsanp</a> DataRatesApply	Medication & Substance Use

## Messages for Baby's First Year

14	Find a complete list of vaccines that your child needs and see when they should receive them: <a href="https://smpt.io/dddtsv">smpt.io/dddtsv</a> & <a href="https://smpt.io/ijcgn8">smpt.io/ijcgn8</a> <a href="#">DataRatesApply</a>	<a href="https://smpt.io/dddtsv">smpt.io/dddtsv</a>	<a href="https://smpt.io/ijcgn8">smpt.io/ijcgn8</a>	Vaccination & Preventing Infection
14	What can your baby hear? Learn about your baby's hearing and speech and connect with your doctor if you have concerns. See: <a href="https://smpt.io/ajhkpx">smpt.io/ajhkpx</a> <a href="#">DataRatesApply</a>	<a href="https://smpt.io/ajhkpx">smpt.io/ajhkpx</a>		Baby Development, Hearing, Speech & Language
14	It is possible to get pregnant even when breastfeeding. Info about birth control options: <a href="https://smpt.io/qm0a2t">smpt.io/qm0a2t</a> & <a href="https://smpt.io/cuvknc">smpt.io/cuvknc</a> <a href="#">DataRatesApply</a>	<a href="https://smpt.io/qm0a2t">smpt.io/qm0a2t</a>	<a href="https://smpt.io/cuvknc">smpt.io/cuvknc</a>	Sexual Health
15	Keep your baby safe on the diaper change table. Have one hand on baby at all times. More about baby safety: <a href="https://smpt.io/t76yzi">smpt.io/t76yzi</a> <a href="#">DataRatesApply</a>	<a href="https://smpt.io/t76yzi">smpt.io/t76yzi</a>		Safety & Injury Prevention
15	Baby bath seats and rings have been linked to drowning. Learn how to safely bathe your baby: <a href="https://smpt.io/t93qya">smpt.io/t93qya</a> & <a href="https://smpt.io/8pr2ec">smpt.io/8pr2ec</a> <a href="#">DataRatesApply</a>	<a href="https://smpt.io/t93qya">smpt.io/t93qya</a>	<a href="https://smpt.io/8pr2ec">smpt.io/8pr2ec</a>	Safety & Injury Prevention
15	Clean your baby's mouth even before teeth start to appear. Learn more about your baby's oral health: <a href="https://smpt.io/awmjtu">smpt.io/awmjtu</a> <a href="#">DataRatesApply</a>	<a href="https://smpt.io/awmjtu">smpt.io/awmjtu</a>		Baby Development, Oral Health
16	Help protect your baby by staying up-to-date with your own vaccinations, including getting a yearly flu shot: <a href="https://smpt.io/gcrvsv">smpt.io/gcrvsv</a> <a href="#">DataRatesApply</a>	<a href="https://smpt.io/gcrvsv">smpt.io/gcrvsv</a>		Vaccination & Preventing Infection
16	Too much of a good thing? Not in this case! Spoil your baby with love. Info on social & emotional development: <a href="https://smpt.io/eize09">smpt.io/eize09</a> <a href="#">DataRatesApply</a>	<a href="https://smpt.io/eize09">smpt.io/eize09</a>		Baby Development, Social & Emotional
16	Babies are ready to start eating food at around 6 months. Learn about introducing solid foods <a href="https://smpt.io/vkdx3p">smpt.io/vkdx3p</a> & <a href="https://smpt.io/qql6xf">smpt.io/qql6xf</a> <a href="#">DataRatesApply</a>	<a href="https://smpt.io/vkdx3p">smpt.io/vkdx3p</a>	<a href="https://smpt.io/qql6xf">smpt.io/qql6xf</a>	Baby Feeding & Nutrition
17	Exercise improves mood, but it can be hard to exercise with a new baby! Try to find ways to be active: <a href="https://smpt.io/0pzoza">smpt.io/0pzoza</a> <a href="#">DataRatesApply</a>	<a href="https://smpt.io/0pzoza">smpt.io/0pzoza</a>		Mental Health & Self-Care; Physical Activity

## Messages for Baby's First Year

17	Healthy, loving touch helps babies grow and thrive. Learn how to connect with your baby with massage: <a href="https://smp.t.io/skpg1i">smp.t.io/skpg1i</a> DataRatesApply		Baby Development, Physical
18	Your baby should be smiling at you and listening to your voice! Check out other general milestones here: <a href="https://smp.t.io/ur4stv">smp.t.io/ur4stv</a> DataRatesApply		Baby Development, Social & Emotional
18	If you have gestational diabetes, ask your care provider about blood sugar testing after your baby is born. <a href="https://smp.t.io/jemenf">smp.t.io/jemenf</a> DataRatesApply		Maternal Health
18	Family Resource Programs provide support and info for parents of kids up to 6 years. Look online for one in your area.		Resources & Services
19	Many medicines are safe while breastfeeding. Ask a doctor or pharmacist about safe options: <a href="https://smp.t.io/mbogxm">smp.t.io/mbogxm</a> DataRatesApply		Medication & Substance Use
19	Check out ABCs for New Parents for parenting tips and strategies: <a href="https://smp.t.io/xzlgei">smp.t.io/xzlgei</a> DataRatesApply.		Parenting
19	Second-hand smoke and vapour increases baby's risk of asthma, pneumonia & ear infections. Keep your home and car smoke & vape free <a href="https://smp.t.io/f651ft">smp.t.io/f651ft</a> DataRatesApply		Medication & Substance Use
20	Consider taking a child first aid/CPR course. Check with your local community centre or try: <a href="https://smp.t.io/h8dk80">smp.t.io/h8dk80</a> & <a href="https://smp.t.io/79dswk">smp.t.io/79dswk</a> DataRatesApply		Safety & Injury Prevention
20	You don't need to follow a special diet to breastfeed. Learn about eating well while breastfeeding: <a href="https://smp.t.io/23jgk2">smp.t.io/23jgk2</a> & <a href="https://smp.t.io/o8lni4">smp.t.io/o8lni4</a> DataRatesApply		Breastfeeding
20	Your early interactions with your baby act like air traffic control to promote healthy brain development: <a href="https://smp.t.io/dz0fx8">smp.t.io/dz0fx8</a> DataRatesApply		Baby Development, Hearing, Speech & Language

## Messages for Baby's First Year

21	Your baby will double their birth weight by 4-6 months. Looking after physical needs & building their trust are both important: <a href="https://smpt.io/j9upgu">smpt.io/j9upgu</a> DataRatesApply			Baby Development, Physical
21	Teething often begins at 5-7 months. Ease baby's discomfort and keep baby teeth healthy from the beginning with these tips: <a href="https://smpt.io/mmjc8d">smpt.io/mmjc8d</a> DataRatesApply			Baby Health; Baby Development, Oral Health
21	Having trouble holding urine during daily activities? Talk to your care provider and learn about pelvic floor muscle training: <a href="https://smpt.io/k3gmzs">smpt.io/k3gmzs</a> DataRatesApply			Pelvic Floor Health
22	Create a healthy environment for your baby at home. Keep air free of smoke & chemicals and cleaners out of reach. <a href="https://smpt.io/qgay9i">smpt.io/qgay9i</a> & <a href="https://smpt.io/th2pty">smpt.io/th2pty</a> DataRatesApply	<a href="https://smpt.io/qgay9i">smpt.io/qgay9i</a>	<a href="https://smpt.io/th2pty">smpt.io/th2pty</a>	Environmental Health
22	Baby's first foods should be iron-rich. Learn what foods are high in iron in this video: <a href="https://smpt.io/wjs34o">smpt.io/wjs34o</a> & <a href="https://smpt.io/w711jc">smpt.io/w711jc</a> DataRatesApply	<a href="https://smpt.io/wjs34o">smpt.io/wjs34o</a>	<a href="https://smpt.io/w711jc">smpt.io/w711jc</a>	Baby Feeding & Nutrition
22	Welcoming a new baby brings changes for the whole family. Find tips for helping older children adjust: <a href="https://smpt.io/os35dq">smpt.io/os35dq</a> & <a href="https://smpt.io/6nmau9">smpt.io/6nmau9</a> DataRatesApply	<a href="https://smpt.io/os35dq">smpt.io/os35dq</a>	<a href="https://smpt.io/6nmau9">smpt.io/6nmau9</a>	Parenting
23	Almost time for baby's 6-month vaccinations! 6mo is old enough for flu and COVID-19 vaccines too: <a href="https://smpt.io/t4bezl">smpt.io/t4bezl</a> & <a href="https://smpt.io/xtdxpo">smpt.io/xtdxpo</a> DataRatesApply	<a href="https://smpt.io/t4bezl">smpt.io/t4bezl</a>	<a href="https://smpt.io/xtdxpo">smpt.io/xtdxpo</a>	Vaccination & Preventing Infection
23	Traveling with baby? Your baby should get their MMR vaccine early if traveling out of Canada. Learn more about travel vaccines: <a href="https://smpt.io/wfj6wi">smpt.io/wfj6wi</a> DataRatesApply	<a href="https://smpt.io/wfj6wi">smpt.io/wfj6wi</a>		Vaccination & Preventing Infection
23	Babies are ready to start eating food at around 6 months. Introducing solid foods can be fun! <a href="https://smpt.io/i4jvdt">smpt.io/i4jvdt</a> DataRatesApply	<a href="https://smpt.io/i4jvdt">smpt.io/i4jvdt</a>		Baby Feeding & Nutrition
23	Starting solid foods is an opportunity to connect your baby to culture, family, land, and water: <a href="https://smpt.io/ils7y5">smpt.io/ils7y5</a> DataRatesApply	<a href="https://smpt.io/ils7y5">smpt.io/ils7y5</a>		Indigenous Health & Resources; Baby Feeding & Nutrition

## Messages for Baby's First Year

24	A consistent routine can help your baby settle to sleep. Learn about changes to baby's sleep at 6 months: <a href="https://smpt.io/k5ko75">smpt.io/k5ko75</a> & <a href="https://smpt.io/i3csor">smpt.io/i3csor</a> DataRatesApply		Baby Sleep
24	Babies should have well-child visits with family doctors or paediatricians. Recommended appointment schedule: <a href="https://smpt.io/66n0fe">smpt.io/66n0fe</a> DataRatesApply		Baby Health
24	Nobody's Perfect when it comes to parenting. Find tip sheets on many topics to help guide you until your child is 5 years old: <a href="https://smpt.io/7jj5qm">smpt.io/7jj5qm</a> DataRatesApply		Parenting; Resources & Services
25	Wondering what you can do to prevent food allergies in your baby? Find info here: <a href="https://smpt.io/lln4o6">smpt.io/lln4o6</a> & <a href="https://smpt.io/cw3xfp">smpt.io/cw3xfp</a> DataRatesApply		Baby Feeding & Nutrition
25	Parenting takes lots of energy. Taking care of yourself is good baby care. Recharge your batteries! <a href="https://smpt.io/ol9ge7">smpt.io/ol9ge7</a> DataRatesApply		Mental Health & Self-Care
25	Just 2.5 cm (1 inch) of water is a drowning risk for babies as they don't have good head control. Safety tips at: <a href="https://smpt.io/qww4fj">smpt.io/qww4fj</a> DataRatesApply		Safety & Injury Prevention
26	Wondering how to serve food to your baby? Should you offer mashed food or finger food? Check out this video <a href="https://smpt.io/bbmbas">smpt.io/bbmbas</a> or <a href="https://smpt.io/sxhbvn">smpt.io/sxhbvn</a> DataRatesApply		Baby Feeding & Nutrition
26	How can you tell when your baby is hungry? Watch this video to learn about the signs they may be giving you: <a href="https://smpt.io/ffugcs">smpt.io/ffugcs</a> DataRatesApply		Baby Feeding & Nutrition
26	1 out of 4 women and 1 out of 10 men experience depression or anxiety after having a baby. There's help: <a href="https://smpt.io/gx1tt4">smpt.io/gx1tt4</a> & <a href="https://smpt.io/o7dmut">smpt.io/o7dmut</a> DataRatesApply		Mental Health & Self-Care
27	Have you noticed changes in your baby's bowel movements? These changes are likely normal. Info: <a href="https://smpt.io/04fonw">smpt.io/04fonw</a> DataRatesApply		Baby Health



## Messages for Baby's First Year

27	It's a legal right to breastfeed any time, anywhere. Info on breastfeeding in public spaces: <a href="https://smpt.io/kmiyo1">smpt.io/kmiyo1</a> DataRatesApply	<a href="https://smpt.io/kmiyo1">smpt.io/kmiyo1</a>	Breastfeeding
27	At about six months, your baby can start to drink sips of water from an open, lidless cup: <a href="https://smpt.io/oh68d6">smpt.io/oh68d6</a> DataRatesApply	<a href="https://smpt.io/oh68d6">smpt.io/oh68d6</a>	Baby Feeding & Nutrition
28	Fathers make a big difference in the life of a child. Many want to be more involved. See resources for fathers: <a href="https://smpt.io/nhy7dx">smpt.io/nhy7dx</a> & <a href="https://smpt.io/m7v4m0">smpt.io/m7v4m0</a> DataRatesApply	<a href="https://smpt.io/nhy7dx">smpt.io/nhy7dx</a> <a href="https://smpt.io/m7v4m0">smpt.io/m7v4m0</a>	Indigenous Health & Resources; Fathers/Partners
28	Does your baby wake several times in the night? Here are some tips: <a href="https://smpt.io/xbf0uy">smpt.io/xbf0uy</a> & <a href="https://smpt.io/0fi83z">smpt.io/0fi83z</a> DataRatesApply	<a href="https://smpt.io/xbf0uy">smpt.io/xbf0uy</a> <a href="https://smpt.io/0fi83z">smpt.io/0fi83z</a>	Baby Sleep
28	Keep your baby out of the direct sunlight. Learn more sun safety tips here: <a href="https://smpt.io/xxgz1p">smpt.io/xxgz1p</a> DataRatesApply	<a href="https://smpt.io/xxgz1p">smpt.io/xxgz1p</a>	Safety & Injury Prevention
29	Got lots of milk? Learn about milk banks and see if there is a bank near you: <a href="https://smpt.io/zomw4x">smpt.io/zomw4x</a> DataRatesApply	<a href="https://smpt.io/zomw4x">smpt.io/zomw4x</a>	Breastfeeding
29	Toys are great fun but can also be a choking hazard. If it fits in a toilet paper roll, it's too small: <a href="https://smpt.io/7xfhva">smpt.io/7xfhva</a> DataRatesApply	<a href="https://smpt.io/7xfhva">smpt.io/7xfhva</a>	Safety & Injury Prevention
29	Baby safety gates can help prevent falls and injuries. Tips for choosing and installing a baby gate: <a href="https://smpt.io/jraylk">smpt.io/jraylk</a> DataRatesApply	<a href="https://smpt.io/jraylk">smpt.io/jraylk</a>	Safety & Injury Prevention
30	As a partner are you struggling with feeling down? Find help for yourself and to support your partner here: <a href="https://smpt.io/voy0gm">smpt.io/voy0gm</a> DataRatesApply	<a href="https://smpt.io/voy0gm">smpt.io/voy0gm</a>	Fathers/Partners; Mental Health & Self-Care
30	Take care of yourself. Safe, low-stress environments are best for baby's healthy brain development. <a href="https://smpt.io/0vh6b7">smpt.io/0vh6b7</a> DataRatesApply	<a href="https://smpt.io/0vh6b7">smpt.io/0vh6b7</a>	Mental Health & Self-Care

## Messages for Baby's First Year

30	Your baby will start moving soon. Learn how to baby proof your home to keep your little one safe: <a href="https://smpt.io/owh3t2">smpt.io/owh3t2</a> DataRatesApply	<a href="https://smpt.io/owh3t2">smpt.io/owh3t2</a>	Safety & Injury Prevention
31	Partners, family & friends can play an important role for mom and baby. Tips for being a supportive partner: <a href="https://smpt.io/no7hrv">smpt.io/no7hrv</a> DataRatesApply	<a href="https://smpt.io/no7hrv">smpt.io/no7hrv</a>	Fathers/Partners
31	Babies should have no screen time. Physical activity, interactive and self-led play is best: <a href="https://smpt.io/61j49p">smpt.io/61j49p</a> & <a href="https://smpt.io/kqtu3e">smpt.io/kqtu3e</a> DataRatesApply	<a href="https://smpt.io/61j49p">smpt.io/61j49p</a> <a href="https://smpt.io/kqtu3e">smpt.io/kqtu3e</a>	Baby Development, Physical; Physical Activity
31	It can be difficult to avoid smoking or vaping. Connect with QuitNow for free support and resources: <a href="https://smpt.io/au51wy">smpt.io/au51wy</a> DataRatesApply	<a href="https://smpt.io/au51wy">smpt.io/au51wy</a>	Medication & Substance Use
32	Does your baby get upset when you leave? This is a normal development but can be stressful! Here's some tips: <a href="https://smpt.io/blnzqr">smpt.io/blnzqr</a> DataRatesApply	<a href="https://smpt.io/blnzqr">smpt.io/blnzqr</a>	Baby Development, Social & Emotional
32	Reading to your baby is a brain builder! Learn more: <a href="https://smpt.io/zelpy1">smpt.io/zelpy1</a> DataRatesApply	<a href="https://smpt.io/zelpy1">smpt.io/zelpy1</a>	Baby Development, Physical
32	Many babies now have teeth! Brush 2x a day with a small soft toothbrush & rice grain size smear of fluoride paste <a href="https://smpt.io/fvoknc">smpt.io/fvoknc</a> & <a href="https://smpt.io/ijd5lx">smpt.io/ijd5lx</a> DataRatesApply	<a href="https://smpt.io/fvoknc">smpt.io/fvoknc</a> <a href="https://smpt.io/ijd5lx">smpt.io/ijd5lx</a>	Baby Development, Oral Health
33	Baby is starting to want to move around! Learn easy tips to keep your baby healthy, safe and active here: <a href="https://smpt.io/8grxbd">smpt.io/8grxbd</a> DataRatesApply	<a href="https://smpt.io/8grxbd">smpt.io/8grxbd</a>	Safety & Injury Prevention
33	Scald burns cause 70% of all burns in children and can have lifelong physical and mental impacts. Learn about burn prevention: <a href="https://smpt.io/xwiu83">smpt.io/xwiu83</a> DataRatesApply	<a href="https://smpt.io/xwiu83">smpt.io/xwiu83</a>	Safety & Injury Prevention
33	You can find fun ways to be active with your baby while also introducing traditions and culture. Some ideas: <a href="https://smpt.io/jxmrp5">smpt.io/jxmrp5</a> DataRatesApply	<a href="https://smpt.io/jxmrp5">smpt.io/jxmrp5</a>	Indigenous Health & Resources; Physical Activity

## Messages for Baby's First Year

34	Need to hire a babysitter? Follow this advice to ensure that you are putting your baby in good hands: <a href="https://smpt.io/mmkffy">smpt.io/mmkffy</a> DataRatesApply	<a href="https://smpt.io/mmkffy">smpt.io/mmkffy</a>	Parenting
34	Babies can learn more than one language. Find out more here: <a href="https://smpt.io/yqkf44">smpt.io/yqkf44</a> DataRatesApply	<a href="https://smpt.io/yqkf44">smpt.io/yqkf44</a>	Baby Development, Hearing, Speech & Language
34	A lifetime of attachment begins during your baby's first year. Learn more here: <a href="https://smpt.io/6hsgu0">smpt.io/6hsgu0</a> DataRatesApply	<a href="https://smpt.io/6hsgu0">smpt.io/6hsgu0</a>	Baby Development, Social & Emotional
35	There can be cultural differences in approaches to parenting. Find some thoughts here: <a href="https://smpt.io/lkik71">smpt.io/lkik71</a> DataRatesApply	<a href="https://smpt.io/lkik71">smpt.io/lkik71</a>	Parenting
35	Caring for baby's needs can make it hard to find time for relationships. Find advice on how to find balance: <a href="https://smpt.io/czkwi8">smpt.io/czkwi8</a> & <a href="https://smpt.io/j2h0m4">smpt.io/j2h0m4</a> DataRatesApply	<a href="https://smpt.io/czkwi8">smpt.io/czkwi8</a> <a href="https://smpt.io/j2h0m4">smpt.io/j2h0m4</a>	Mental Health & Self-Care
35	Life as a parent can be hectic! Find ways to make life easier for yourself. Tips: <a href="https://smpt.io/o9igpp">smpt.io/o9igpp</a> DataRatesApply	<a href="https://smpt.io/o9igpp">smpt.io/o9igpp</a>	Parenting
36	Baby can choke on small pieces of food and small objects such as toys. Tips to prevent choking: <a href="https://smpt.io/ir07ty">smpt.io/ir07ty</a> DataRatesApply	<a href="https://smpt.io/ir07ty">smpt.io/ir07ty</a>	Safety & Injury Prevention
36	Babies are curious and like to explore - many climb before they walk! To prevent falls, keep furniture away from windows. More: <a href="https://smpt.io/5vpfw7">smpt.io/5vpfw7</a> DataRatesApply	<a href="https://smpt.io/5vpfw7">smpt.io/5vpfw7</a>	Safety & Injury Prevention
36	Your mobile baby is curious! Button batteries are harmful if swallowed and need immediate medical attention. Know what to do: <a href="https://smpt.io/52rlag">smpt.io/52rlag</a> DataRatesApply	<a href="https://smpt.io/52rlag">smpt.io/52rlag</a>	Safety & Injury Prevention
37	Parents shape their children's food choices, attitudes and acceptance of new foods. Find out more: <a href="https://smpt.io/nw3jce">smpt.io/nw3jce</a> DataRatesApply	<a href="https://smpt.io/nw3jce">smpt.io/nw3jce</a>	Baby Feeding & Nutrition

## Messages for Baby's First Year

37	Your baby may want to talk to you with their own words & babble. Info on language development: <a href="https://smp.t.io/49vx5n">smp.t.io/49vx5n</a> & <a href="https://smp.t.io/l4rekv">smp.t.io/l4rekv</a> DataRatesApply	<a href="https://smp.t.io/49vx5n">smp.t.io/49vx5n</a>	<a href="https://smp.t.io/l4rekv">smp.t.io/l4rekv</a>	Baby Development, Hearing, Speech & Language
37	Get support for babies with special needs as soon as possible. Info on raising a child with special needs: <a href="https://smp.t.io/ty473o">smp.t.io/ty473o</a> DataRatesApply	<a href="https://smp.t.io/ty473o">smp.t.io/ty473o</a>		Baby Development, Physical
38	Babies keep teething and can have sore gums and drool. Give safe things to chew on to ease discomfort: <a href="https://smp.t.io/rro9n3">smp.t.io/rro9n3</a> & <a href="https://smp.t.io/crrj76">smp.t.io/crrj76</a> DataRatesApply	<a href="https://smp.t.io/rro9n3">smp.t.io/rro9n3</a>	<a href="https://smp.t.io/crrj76">smp.t.io/crrj76</a>	Baby Health
38	Simply spending time with your baby helps you to connect and build a relationship! Learn more: <a href="https://smp.t.io/cbtcqu">smp.t.io/cbtcqu</a> DataRatesApply	<a href="https://smp.t.io/cbtcqu">smp.t.io/cbtcqu</a>		Baby Development, Social & Emotional
39	Your baby may be problem solving at this stage! Learn more about cognitive development from 7 to 9 months: <a href="https://smp.t.io/9b6cip">smp.t.io/9b6cip</a> DataRatesApply	<a href="https://smp.t.io/9b6cip">smp.t.io/9b6cip</a>		Baby Development, Physical
39	Jordan's Principle ensures that First Nations children don't experience delays in accessing health care: <a href="https://smp.t.io/cfw2lo">smp.t.io/cfw2lo</a> & <a href="https://smp.t.io/tjayq9">smp.t.io/tjayq9</a> DataRatesApply	<a href="https://smp.t.io/cfw2lo">smp.t.io/cfw2lo</a>	<a href="https://smp.t.io/tjayq9">smp.t.io/tjayq9</a>	Indigenous Health & Resources
40	When your baby is sick you can call 811 or see your doctor for advice. Find tips for caring for a sick baby: <a href="https://smp.t.io/6c7fx0">smp.t.io/6c7fx0</a> & <a href="https://smp.t.io/nulk3k">smp.t.io/nulk3k</a> DataRatesApply	<a href="https://smp.t.io/6c7fx0">smp.t.io/6c7fx0</a>	<a href="https://smp.t.io/nulk3k">smp.t.io/nulk3k</a>	Baby Health
40	You may be traveling more with your baby. It is important to think about safe baby sleep on the go: <a href="https://smp.t.io/pccute">smp.t.io/pccute</a> DataRatesApply	<a href="https://smp.t.io/pccute">smp.t.io/pccute</a>		Baby Sleep
41	Infants can have fever with illness. Call 811 to learn about managing fever & doctor visits. <a href="https://smp.t.io/6bv0g5">smp.t.io/6bv0g5</a> DataRatesApply	<a href="https://smp.t.io/6bv0g5">smp.t.io/6bv0g5</a>		Baby Health
41	Household items, such as some plants, can be poisonous to your baby. Poison-proof your home: <a href="https://smp.t.io/q2a16x">smp.t.io/q2a16x</a> & <a href="https://smp.t.io/97pqjx">smp.t.io/97pqjx</a> DataRatesApply	<a href="https://smp.t.io/q2a16x">smp.t.io/q2a16x</a>	<a href="https://smp.t.io/97pqjx">smp.t.io/97pqjx</a>	Safety & Injury Prevention

## Messages for Baby's First Year

42	By one year, your baby may begin to say simple words. Info about language development from 10-12 months here: <a href="https://smpt.io/0kfh3p">smpt.io/0kfh3p</a> DataRatesApply	<a href="https://smpt.io/0kfh3p">smpt.io/0kfh3p</a>	Baby Development, Hearing, Speech & Language
42	Feeling overwhelmed? Ask for help when you need it. Caring for yourself allows you to care for your baby. <a href="https://smpt.io/heq89j">smpt.io/heq89j</a> DataRatesApply	<a href="https://smpt.io/heq89j">smpt.io/heq89j</a>	Mental Health & Self-Care
43	Have you written a will? Plan ahead - write your baby into your will and choose who would be their guardian. Info here: <a href="https://smpt.io/oz7hgf">smpt.io/oz7hgf</a> DataRatesApply	<a href="https://smpt.io/oz7hgf">smpt.io/oz7hgf</a>	Parenting
43	Bath time is fun! Your baby may be able to sit on their own, but should never be alone. More on bath safety: <a href="https://smpt.io/bbo38z">smpt.io/bbo38z</a> DataRatesApply	<a href="https://smpt.io/bbo38z">smpt.io/bbo38z</a>	Safety & Injury Prevention
44	Are you having difficulty sleeping even if your baby is sleeping better? Get help here: <a href="https://smpt.io/vvn5c2">smpt.io/vvn5c2</a> DataRatesApply	<a href="https://smpt.io/vvn5c2">smpt.io/vvn5c2</a>	Sleep Health
44	Help your baby develop healthy eating habits - offer many new foods and let them choose how much to eat. Find tips: <a href="https://smpt.io/eonoal">smpt.io/eonoal</a> DataRatesApply	<a href="https://smpt.io/eonoal">smpt.io/eonoal</a>	Baby Feeding & Nutrition
45	Work with your partner to find the best parenting style for you. Learn about parenting styles and parenting well together: <a href="https://smpt.io/6qbs0j">smpt.io/6qbs0j</a> DataRatesApply	<a href="https://smpt.io/6qbs0j">smpt.io/6qbs0j</a>	Parenting
46	It's almost time for your baby's 12-month vaccination appointment. Tips for a positive experience: <a href="https://smpt.io/6l5qsp">smpt.io/6l5qsp</a> & <a href="https://smpt.io/8ck7we">smpt.io/8ck7we</a> DataRatesApply	<a href="https://smpt.io/6l5qsp">smpt.io/6l5qsp</a> <a href="https://smpt.io/8ck7we">smpt.io/8ck7we</a>	Vaccination & Preventing Infection
46	Your baby should visit a dentist by their first birthday. Book now!		Baby Development, Oral Health
47	Babies come in different sizes and shapes. Learn more about your child's growth: <a href="https://smpt.io/lggf1q">smpt.io/lggf1q</a> DataRatesApply	<a href="https://smpt.io/lggf1q">smpt.io/lggf1q</a>	Baby Development, Physical

## Messages for Baby's First Year

47	Pets can be fun for your little one, but ensure you keep your baby safe. Read more about safety around pets: <a href="https://smpt.io/mqxxk41">smpt.io/mqxxk41</a> DataRatesApply	<a href="https://smpt.io/mqxxk41">smpt.io/mqxxk41</a>	Safety & Injury Prevention
48	Looking for healthy meal ideas? Check out Cookspiration: <a href="https://smpt.io/wxi0vk">smpt.io/wxi0vk</a> DataRatesApply	<a href="https://smpt.io/wxi0vk">smpt.io/wxi0vk</a>	Baby Feeding & Nutrition
48	Babies - and parents - have different temperaments. Learn more about your baby's temperament with this quiz: <a href="https://smpt.io/pb8wtg">smpt.io/pb8wtg</a> & <a href="https://smpt.io/rad9tz">smpt.io/rad9tz</a> DataRatesApply	<a href="https://smpt.io/pb8wtg">smpt.io/pb8wtg</a> <a href="https://smpt.io/rad9tz">smpt.io/rad9tz</a>	Parenting
49	Discover some helpful parenting tips to use as your child continues to grow: <a href="https://smpt.io/2dwmsp">smpt.io/2dwmsp</a> DataRatesApply	<a href="https://smpt.io/2dwmsp">smpt.io/2dwmsp</a>	Parenting
49	You and your child have a special relationship when it comes to feeding & eating. Tips for positive mealtimes: <a href="https://smpt.io/g52wl7">smpt.io/g52wl7</a> DataRatesApply	<a href="https://smpt.io/g52wl7">smpt.io/g52wl7</a>	Baby Feeding & Nutrition
50	Your baby's brain grows until early adulthood. A good foundation is the first step to success. Tips: <a href="https://smpt.io/07trdf">smpt.io/07trdf</a> DataRatesApply	<a href="https://smpt.io/07trdf">smpt.io/07trdf</a>	Baby Development, Physical
50	Sometimes we don't know if we are parenting right. Feel good about your parenting with these tips: <a href="https://smpt.io/2u3ml1">smpt.io/2u3ml1</a> DataRatesApply	<a href="https://smpt.io/2u3ml1">smpt.io/2u3ml1</a>	Parenting
51	In one year, your baby has developed socially and emotionally. Info on your child's developing personality: <a href="https://smpt.io/sy0k6e">smpt.io/sy0k6e</a> DataRatesApply	<a href="https://smpt.io/sy0k6e">smpt.io/sy0k6e</a>	Baby Development, Social & Emotional
51	If another caregiver, such as a grandparent, looks after your baby, show them how to use car seats, etc. Tips: <a href="https://smpt.io/tarp8k">smpt.io/tarp8k</a> DataRatesApply	<a href="https://smpt.io/tarp8k">smpt.io/tarp8k</a>	Safety & Injury Prevention
51	Have you learned from SmartParent? Let us know and help us improve by taking our follow-up survey:		Administrative

**Messages for Baby's First Year**

- 52      Happy 1st birthday to your baby! We hope SmartParent messages have been helpful for you and your family. Wishing you health and happiness in the years to come!

Administrative

**AFTER35 - Pregnancy after the age of 35**

Msg	Message content	Link
1	Your age is less important than your health, nutrition, family history, & access to care. Things to consider: <a href="mailto:smpt.io/0fm35a">smpt.io/0fm35a</a> DataRatesApply	<a href="mailto:smpt.io/0fm35a">smpt.io/0fm35a</a>
2	Nuchal ultrasound is done between 10-14 weeks to check for genetic problems. Speak with you care provider about booking. More: <a href="mailto:smpt.io/eau3um">smpt.io/eau3um</a> DataRatesApply	<a href="mailto:smpt.io/eau3um">smpt.io/eau3um</a>
3	You may be offered CVS-Chorionic Villus Sampling—it can provide information about your baby’s health. Info: <a href="mailto:smpt.io/pxs5ic">smpt.io/pxs5ic</a> -DataRatesApply	<a href="mailto:smpt.io/pxs5ic">smpt.io/pxs5ic</a>
4	Genetic screening tests your blood for baby’s chance of Down syndrome, trisomy18 or a neural tube defect. <a href="mailto:smpt.io/lu8ya1">smpt.io/lu8ya1</a> DataRatesApply	<a href="mailto:smpt.io/lu8ya1">smpt.io/lu8ya1</a>

**ALCOHOL - Reducing alcohol intake**

Msg	Message content	Link
1	Looking for info on how to cut down on alcohol in pregnancy? Free helpline 1-800-663-1441. Learn how to keep your baby safe: <a href="mailto:smpt.io/zuk19c">smpt.io/zuk19c</a> DataRatesApply	<a href="mailto:smpt.io/zuk19c">smpt.io/zuk19c</a>
2	Connecting with an alcohol counsellor can help. Find free local services: <a href="mailto:smpt.io/lpk0me">smpt.io/lpk0me</a> DataRatesApply	<a href="mailto:smpt.io/lpk0me">smpt.io/lpk0me</a>
3	If your partner drinks, you’re more likely to drink too. Your partner can support your choice to curb alcohol: <a href="mailto:smpt.io/bb2bqf">smpt.io/bb2bqf</a> DataRatesApply	<a href="mailto:smpt.io/bb2bqf">smpt.io/bb2bqf</a>
4	It can be hard to talk about drinking with your health care provider. Look for information here: <a href="mailto:smpt.io/a4hlcb">smpt.io/a4hlcb</a> & <a href="mailto:smpt.io/rxlw6c">smpt.io/rxlw6c</a> DataRatesApply	<a href="mailto:smpt.io/a4hlcb">smpt.io/a4hlcb</a> <a href="mailto:smpt.io/rxlw6c">smpt.io/rxlw6c</a>

**EATING - Healthy eating and weight management during pregnancy**

Msg	Message content	Link
1	Weight gain is a normal part of pregnancy. Learn what range is healthy for you: <a href="mailto:smpt.io/00nxp9">smpt.io/00nxp9</a> DataRatesApply	<a href="mailto:smpt.io/00nxp9">smpt.io/00nxp9</a>



## Optional Message Streams

- |   |   |   |
|---|---|---|
| 2 | “Eating for two” means choices are even more important. Choose a variety of fruit & vegetables, whole grains, and protein foods: <a href="https://smpt.io/tf23xo">smpt.io/tf23xo</a> DataRatesApply | <a href="https://smpt.io/tf23xo">smpt.io/tf23xo</a> |
| 3 | Worried about weight gain? Try not to focus on the numbers. Focus on being active & feeding yourself well: <a href="https://smpt.io/dl0jbi">smpt.io/dl0jbi</a> DataRatesApply                       | <a href="https://smpt.io/dl0jbi">smpt.io/dl0jbi</a> |
| 4 | Pregnancy is a time to avoid dieting. Eating nutritious foods helps your baby’s development: <a href="https://smpt.io/c4sxd9">smpt.io/c4sxd9</a> DataRatesApply                                     | <a href="https://smpt.io/c4sxd9">smpt.io/c4sxd9</a> |

**LOSS - Support if you had a current or past pregnancy loss (miscarriage, stillbirth) or infant loss**

Msg	Message content	Link
1	Losing a baby or having memories of a past loss can be extremely stressful. Find support and resources: <a href="https://smpt.io/bjeymo">smpt.io/bjeymo</a> DataRatesApply	<a href="https://smpt.io/bjeymo">smpt.io/bjeymo</a>
2	Miscarriage is a pregnancy loss before 20 weeks. It is not caused by stress, exercise or sex: <a href="https://smpt.io/1og65x">smpt.io/1og65x</a> DataRatesApply	<a href="https://smpt.io/1og65x">smpt.io/1og65x</a>
3	Stillbirth is the loss of a baby after 20wks of pregnancy, before birth. It occurs in about 1/200 pregnancies. <a href="https://smpt.io/gxwh3s">smpt.io/gxwh3s</a> & <a href="https://smpt.io/pgl1ou">smpt.io/pgl1ou</a> DataRatesApply	<a href="https://smpt.io/gxwh3s">smpt.io/gxwh3s</a> <a href="https://smpt.io/pgl1ou">smpt.io/pgl1ou</a>
4	Losing a baby can cause distress. Connecting with people who have experienced it can help. Find a support group: <a href="https://smpt.io/hbrbcr">smpt.io/hbrbcr</a> DataRatesApply	<a href="https://smpt.io/hbrbcr">smpt.io/hbrbcr</a>
5	Talking with your child about the loss of a baby will help them process the loss. More at: <a href="https://smpt.io/acd3h4">smpt.io/acd3h4</a> & <a href="https://smpt.io/3z2uay">smpt.io/3z2uay</a> DataRatesApply	<a href="https://smpt.io/acd3h4">smpt.io/acd3h4</a> <a href="https://smpt.io/3z2uay">smpt.io/3z2uay</a>
6	You are not alone. Hear stories from other people who have experienced pregnancy or infant loss: <a href="https://smpt.io/6cy2f5">smpt.io/6cy2f5</a> DataRatesApply	<a href="https://smpt.io/6cy2f5">smpt.io/6cy2f5</a>
7	Grieving a loss takes time and is different for everyone. Learn more: <a href="https://smpt.io/nv0uzp">smpt.io/nv0uzp</a> DataRatesApply	<a href="https://smpt.io/nv0uzp">smpt.io/nv0uzp</a>

**MENTALHEALTH - Depression, anxiety, mental health and self-care**

Msg	Message content	Link
1	Mood swings in pregnancy are normal. Try a self-test to check for symptoms of depression and anxiety: <a href="https://smpt.io/77p8e6">smpt.io/77p8e6</a> DataRatesApply	<a href="https://smpt.io/77p8e6">smpt.io/77p8e6</a>

## Optional Message Streams

- 2 Postpartum depression can start during pregnancy or after birth - find out more here: [smpt.io/by49rs](https://smpt.io/by49rs) [smpt.io/by49rs](#)  
DataRatesApply
- 3 How are you feeling today? Check-in with yourself and take CMHA's mental health meter: [smpt.io/jvsmrf](https://smpt.io/jvsmrf)  
[smpt.io/jvsmrf](https://smpt.io/jvsmrf) DataRatesApply
- 4 Feeling sad, overwhelmed or anxious? Connect w/ Pacific Post Partum Support Society at 1-855-255-7999 or Postpartum Support Intl: [smpt.io/qzdba5](https://smpt.io/qzdba5) DataRatesApply
- 5 Feeling stressed during pregnancy is normal, but too much can cause problems. Tips for handling stress here: [smpt.io/z0cig4](https://smpt.io/z0cig4) DataRatesApply
- 6 Curious about treatment options for depression during pregnancy? Talk w/ your care provider & find info here: [smpt.io/1cl1v7](https://smpt.io/1cl1v7) DataRatesApply
- 7 You can learn skills to help you prevent and manage depression. See this workbook: [smpt.io/mh27fv](https://smpt.io/mh27fv) DataRatesApply
- 8 Being a new parent can be overwhelming. Develop a plan to be prepared when your baby cries. Visit [smpt.io/fsjcgq](https://smpt.io/fsjcgq) DataRatesApply

## NEW - Immigrants new to Canada

Msg	Message content	Link
1	What is health care like in Canada? Find info and a video: <a href="https://smpt.io/wqbkqz">smpt.io/wqbkqz</a> DataRatesApply	<a href="https://smpt.io/wqbkqz">smpt.io/wqbkqz</a>
2	You might have questions about what it's like to have a baby in Canada. Information is available: <a href="https://smpt.io/hpdc8a">smpt.io/hpdc8a</a> DataRatesApply	<a href="https://smpt.io/hpdc8a">smpt.io/hpdc8a</a>
3	How does health insurance work, how do you find services, and what is covered? Find out at: <a href="https://smpt.io/c37p4t">smpt.io/c37p4t</a> DataRatesApply	<a href="https://smpt.io/c37p4t">smpt.io/c37p4t</a>
4	Find health services and resources in your community with this online directory: <a href="https://smpt.io/o5yebr">smpt.io/o5yebr</a> DataRatesApply	<a href="https://smpt.io/o5yebr">smpt.io/o5yebr</a>
5	Protect your baby by starting vaccinations at 2 months. Learn more about vaccinations in Canada: <a href="https://smpt.io/nl52pf">smpt.io/nl52pf</a> DataRatesApply	<a href="https://smpt.io/nl52pf">smpt.io/nl52pf</a>

## Optional Message Streams

**RHNEG - Pregnancy with Rh-negative blood type (type A-, B-, AB-, or O-)**

Week of Pregnancy	Msg	Message content	Link
11	1	If your baby is Rh-positive, their blood system must be protected from yours, as a reaction could occur: <a href="https://smpt.io/k1il7w">smpt.io/k1il7w</a> DataRatesApply	<a href="https://smpt.io/k1il7w">smpt.io/k1il7w</a>
13	2	You may be given RhoGAM/WinRho if you experience any bleeding. Find out more here: <a href="https://smpt.io/nknjuq">smpt.io/nknjuq</a> DataRatesApply	<a href="https://smpt.io/nknjuq">smpt.io/nknjuq</a>
22	3	You'll have a blood test to reconfirm your blood type & antibody development. You'll be given RhoGAM/WinRho: <a href="https://smpt.io/3a8j76">smpt.io/3a8j76</a> DataRatesApply	<a href="https://smpt.io/3a8j76">smpt.io/3a8j76</a>
36	4	After birth, you will be offered RhoGAM/WinRho again to protect future pregnancies. Learn more: <a href="https://smpt.io/3621v9">smpt.io/3621v9</a> DataRatesApply	<a href="https://smpt.io/3621v9">smpt.io/3621v9</a>

**SAFETY - Personal safety in relationships**

Msg	Message content	Link
1	Are you feeling safe? Learn about warning signs of a potentially dangerous relationship: <a href="https://smpt.io/bu2kp5">smpt.io/bu2kp5</a> DataRatesApply	<a href="https://smpt.io/bu2kp5">smpt.io/bu2kp5</a>
2	If you ever feel unsafe at home, you can get help. Find a local helpline and support: <a href="https://smpt.io/sa0r3j">smpt.io/sa0r3j</a> DataRatesApply	<a href="https://smpt.io/sa0r3j">smpt.io/sa0r3j</a>
3	Do you need a safety plan? To find out more: <a href="https://smpt.io/8i488n">smpt.io/8i488n</a> DataRatesApply	<a href="https://smpt.io/8i488n">smpt.io/8i488n</a>
4	Here are more ways to keep you and your family safe: <a href="https://smpt.io/eeohob">smpt.io/eeohob</a> & <a href="https://smpt.io/ony73l">smpt.io/ony73l</a> DataRatesApply	<a href="https://smpt.io/eeohob">smpt.io/eeohob</a> <a href="https://smpt.io/ony73l">smpt.io/ony73l</a>
5	Do you have a safe place to go if you need it? Find out more at <a href="https://smpt.io/1jxvec">smpt.io/1jxvec</a> or <a href="https://smpt.io/1y2ag9">smpt.io/1y2ag9</a> DataRatesApply	<a href="https://smpt.io/1jxvec">smpt.io/1jxvec</a> <a href="https://smpt.io/1y2ag9">smpt.io/1y2ag9</a>
6	You always deserve to feel safe. Learn more about family violence: <a href="https://smpt.io/wy1lyr">smpt.io/wy1lyr</a> DataRatesApply	<a href="https://smpt.io/wy1lyr">smpt.io/wy1lyr</a>

**SMOKING - Managing tobacco and vape use**

Msg	Message content	Link
1	Quitting is a process. There's help! Check here for support with quitting & staying tobacco & vape-free: <a href="https://smpt.io/wli9w5">smpt.io/wli9w5</a> DataRatesApply	<a href="https://smpt.io/wli9w5">smpt.io/wli9w5</a>
2	Picking a day to quit smoking can help; on that day, throw away your cigarettes & lighters. See more: <a href="https://smpt.io/w3sc65">smpt.io/w3sc65</a> DataRatesApply	<a href="https://smpt.io/w3sc65">smpt.io/w3sc65</a>
3	Curious about living smoke-free? What would that look like? For ideas check out: <a href="https://smpt.io/lde55z">smpt.io/lde55z</a> DataRatesApply	<a href="https://smpt.io/lde55z">smpt.io/lde55z</a>
4	Want help with a quit smoking plan? Talk to a quit coach for free via the Gov't of Canada: 1-866-366-3667 or <a href="https://smpt.io/aoojbt">smpt.io/aoojbt</a> DataRatesApply	<a href="https://smpt.io/aoojbt">smpt.io/aoojbt</a>
5	You have your reasons for smoking. You can find your own way of quitting and staying smoke-free. Hear other stories: <a href="https://smpt.io/u4r4is">smpt.io/u4r4is</a> DataRatesApply	<a href="https://smpt.io/u4r4is">smpt.io/u4r4is</a>

**VBAC - Having a vaginal birth after a previous cesarean section**

Msg	Message content	Link
1	What are the 6 most common questions about vaginal birth after cesarean (VBAC)? See the answers here: <a href="https://smpt.io/ryrd7g">smpt.io/ryrd7g</a> DataRatesApply	<a href="https://smpt.io/ryrd7g">smpt.io/ryrd7g</a>
2	7 in 10 people who attempt a VBAC will give birth vaginally. Need help deciding if a VBAC is right for you? <a href="https://smpt.io/e0wneg">smpt.io/e0wneg</a> DataRatesApply	<a href="https://smpt.io/e0wneg">smpt.io/e0wneg</a>
3	For healthy women, a vaginal birth is safer than C-section, especially if you plan to have >2 children. <a href="https://smpt.io/dv8mxl">smpt.io/dv8mxl</a> DataRatesApply	<a href="https://smpt.io/dv8mxl">smpt.io/dv8mxl</a>