

Saving babies with our phones.

Why phones? *The average age of women who lost a baby in our city last year was 26. The average 26 year old spends nearly 36 hours on her phone each month. Let's meet women where they are. Here's 5 ways.*



text4baby

TEXTS FROM EXPERTS

Text4Baby sends 3 tips per week to pregnant moms. Sign up by texting BABY to 511411.



HELP FOR MOMS IN NEED

Call 211 to talk to a real person about housing, job training, free cribs, where to find care, and other needs.



SHARING SAFE SLEEP

Tweet photos of your baby sleeping Alone, on their Back, in a Crib. Use #safesleepABCs to be entered into a drawing for prizes. Follow @CradleCincy on Twitter.



ONE CALL HELPS MOM QUIT

Call 1-800-QUIT-NOW for help quitting smoking. Or download the free "QuitStart" app on Apple or Android phones.



REACH OUT

Call or text a pregnant friend, neighbor or family member and ask them how you can help. Women who feel supported have healthier pregnancies.

