

SmartMom

To Enroll:

Text “Northern” to 12323

or visit

www.smartmomcanada.ca

SmartMom

- Texts 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

