

# Having a baby?

Helpful resources and information are just a CLICK, TEXT or CALL away.



CLICK

[hmhb-hawaii.org](http://hmhb-hawaii.org)

[facebook.com/  
hawaiihmhb](https://facebook.com/hawaiihmhb)

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HMHBHawaii](https://twitter.com/HMHBHawaii)



TEXT

BABY to 511411  
BEBE para español



CALL

O'ahu 951-6660

Toll-Free  
Neighbor Islands  
888-951-6661

With you every step  
of the way – before,  
during and after  
pregnancy.



HEALTHY  
MOTHERS  
HEALTHY  
B·A·B·I·E·S  
COALITION OF HAWAII

# Convenient and \*Free Resources for Hawai'i Moms



## Click

[www.hmhb-hawaii.org](http://www.hmhb-hawaii.org)

[www.facebook.com/hawaiihmhb](https://www.facebook.com/hawaiihmhb)

[www.twitter.com/HMHBHawaii](https://www.twitter.com/HMHBHawaii)

Find information on birthing, breastfeeding, health insurance and other resources to take you through pregnancy planning, infant care and parenting.



## Text

Text **BABY** or **BEBE** para español to **511411** to receive **\*FREE text4baby** messages on your cell phone relevant to each week of your pregnancy and through your baby's first year.



## Call

Call the free and confidential **MothersCare** line for resources and information for before, during and after pregnancy.

**O'ahu: 951-6660**

**Toll-free for Neighbor Islands: 888-951-6661**

**Monday through Friday: 9am to 5pm**



\*Text4baby is free from participating carriers. No messaging plan is required. Visit [text4baby.org](http://text4baby.org) and click on "Partners" for a list of participating carriers.



**HAWAII STATE  
DEPARTMENT  
OF HEALTH**



Healthy Mothers Healthy Babies Coalition of Hawai'i is a member of the National Healthy Mothers Healthy Babies Coalition.