

**WE'RE HERE
TO SUPPORT
YOU!**



**Do you have a baby
under 18 months old
or on the way?**

**Family Spirit Nurture
Messages** is a **free** text
service for Native American
families with young
children. Sign up today to
learn about your baby's
nutrition and growth, plus
caregiver wellbeing.



**Text SIGNUP to
413-477-5526
or visit:
fsmessages.org**

HOW IT WORKS

1. Sign up to receive free* text messages from Family Spirit Nurture at FSNmessages.org.
2. Share your child's due date or birth date to receive messages tailored to your baby.
3. Choose how often you would like to receive messages and if you want to learn about breastfeeding support.
4. Engage with information, resources, and opportunities to support you and your baby!

*Message and data rates may apply



Photo by Ed Cunicelli