Thinking about breastfeeding? Sign up for Mobile Milk!

TEXT MILK to 877877 to receive breastfeeding support and information through weekly text messages.

Text messages will start during your 3rd trimester (28 weeks) and will continue until your baby is 4 months old. You can sign up at any time during your pregnancy or after the baby is born.

Message and data rates may apply. Text STOP to quit, HELP for more information. For Terms of Use and Privacy Policy, visit nyc.gov/health.