A Gift for You and Your Baby - Plan a Smoke Free Pregnancy

You will:
- Be proud of yourself
- Breathe more easily
- Have more energy
- Have more money to spend on your baby and yourself
- Have nicer smelling breath, hair and clothes
- Have a healthier pregnancy

Your baby will:
- Get more oxygen and grow better
- Have lungs that work better
- Be less likely to be born too early or be underweight
- Be less likely to die of SIDS

Circle the tips which you will try to quit smoking

1. Write down all the reasons you want to quit and put them on your refrigerator
2. Pick a date and tell people you are quitting and ask for their help
3. Call the Tobacco Quitline: 1-800-QUITLINE (1-800-784-8669) or visit smokefreewomen.gov
3. Insist on no smoking in your car and in your home
4. Be prepared; plan what you will do and say in places where you may be tempted to smoke.
5. Keep your hands busy
6. Set a date and throw out your cigarettes and e-cigarettes
7. Spend time with non-smokers who support you
8. Choose family activities where you won’t be exposed to smoke
9. When you want to smoke, brush your teeth, drink a glass of water, go for a walk, listen to music, work on a hobby, visit a friend or neighbor (who does not smoke), chew gum.

To slip and smoke doesn’t mean you failed. If you smoke, don’t think you have become a smoker again. Look at why you smoked – what triggered you. Develop a plan as to how you will stay away from what triggered you to smoke. Look at all the reasons you wrote down that you want to quit. Think positively and tell yourself you can do it! Don’t Give Up!