You Can Quit Smoking!

WHY QUIT?

For your baby:

- Your baby will get more oxygen
- Your baby’s lungs will work better
- Lowers the risk that your baby will be born too early
- Lowers the risk that your child will have health problems (more coughs, colds and ear infections)

For you:

- Gives you more energy and helps you breathe easier
- Saves you money that you can spend on other things
- Lets you feel good about what you’ve done for yourself and your baby

HOW YOU CAN QUIT

Change your daily habits

<table>
<thead>
<tr>
<th>If you smoke when you:</th>
<th>Try doing this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drink coffee</td>
<td>Have hot chocolate or herbal tea</td>
</tr>
<tr>
<td>Finish eating</td>
<td>Get right up, take a walk, or go into another room</td>
</tr>
<tr>
<td>Watch TV</td>
<td>Do something else with your hands – knit or play cards</td>
</tr>
</tbody>
</table>

Keep your hands and mouth busy

<table>
<thead>
<tr>
<th>Your hands:</th>
<th>Your mouth:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knit or sew</td>
<td>Chew gum</td>
</tr>
<tr>
<td>Massage your fingers or hands</td>
<td>Suck on a hard candy</td>
</tr>
<tr>
<td>Draw or doodle</td>
<td>Sip water or juice</td>
</tr>
<tr>
<td>Squeeze a soft rubber ball</td>
<td>Use a straw or toothpick</td>
</tr>
</tbody>
</table>
SETTING A QUIT DATE
My Quit Date is: ________________________________

The day before your Quit Date, get rid of your cigarettes, lighters and ashtrays and remind yourself why you are quitting.

RALLY SUPPORT
- Tell your prenatal care team about your quitting plans.
- Reach out for help and comfort from friends and family who have quit and know what you’re going through.
- Ask others to remind you how well you are doing not smoking.
- Ask others not to smoke around you.

HOW TO GET MORE HELP
Talk with your prenatal care team or your baby’s doctor about your smoking and ask for help in quitting. They may be able to provide you with counseling, or refer you to counseling programs in your area.

For extra help quitting smoking during pregnancy 24 hours a day 7 days a week, you can call the National Quitline toll-free at 1-800-QUIT-NOW or the American Cancer Society’s quitline, which provides services for pregnant smokers, at 1-800-ACS-2345.

You can also get help by calling your state’s Healthy Mothers Healthy Babies phone line at 1-800-311-Baby (English) or 1-800-504-7081 (Spanish).

npsff@unc.edu
www.tobacco-cessation.org/pregnantsmokers.htm