

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

If you smoke when you:

Drink coffee

Finish eating

Watch TV

Try doing this:

Have hot chocolate or herbal tea

Get right up, take a walk, or go into another room

Do something else with your hands – knit or play cards

Keep your hands and mouth busy

Your hands:

Knit or sew

Massage your fingers or hands

Draw or doodle

Squeeze a soft rubber ball

Your mouth:

Chew gum

Suck on a hard candy

Sip water or juice

Use a straw or toothpick

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).



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www.tobacco-cessation.org/pregnantsmokers.htm