You Can Quit Smoking

Tobacco can harm your unborn baby.

- Your baby could be born too early or too small
- Your baby could have a range of health problems later on

You can quit smoking. Talk to your health care provider about what can help.

Here are some ideas to help you quit:

- Write down the date you will quit
- Keep a diary of when and why you smoke
- Have a list of other things to do besides smoking. You could:
  - Take a walk
  - Take deep breaths
  - Eat fresh, healthy snacks

It can also help to:

- Write down a list of reasons why you want to quit. Tape them up where you will see them often.
- Focus on 1 day at a time
- Remember that cravings last 3-5 minutes on average. Find healthy ways to keep busy
- Ask a family member or friend to quit with you
- Think how you will use the money you will save
- Make your home and car a smoke-free zone.
- Put a baby book together
- Hang your ultrasound picture
- Start a new hobby
- Go to a prenatal class or read up on prenatal care
- Join a pregnancy or new moms' group, or Nicotine Anonymous

Remember, the sooner you quit the healthier your baby will be.

Ready for more information?

- Call 1-800-NOBUTTS or 1-800-662-8887
  www.NoButts.org
- Call 1-800-QUITNOW or 1-800-784-8669
  www.smokefree.gov
- Call this number for a class near you:
  _____

Reasons I want to quit:

- ❒ So my baby will be healthy
- ❒ Because it is so expensive
- ❒ So my home will smell better
- ❒ So I won't have to go out to buy tobacco when I have a baby
- ❒ _____
- ❒ _____
- ❒ _____

Page updated 2019