

# You Can Quit Smoking

SUPPORT AND ADVICE FROM YOUR PRENATAL CARE PROVIDER

NOW IS A GOOD TIME TO QUIT FOR YOU AND YOUR BABY

## GOOD THINGS HAPPEN AS SOON AS YOU QUIT

### FOR YOUR BABY:

- Your baby will be healthier.
- Your baby will get more oxygen.
- Your baby will be less likely to be born too soon.
- Your baby will be more likely to come home from the hospital with you.
- Your baby will have fewer colds and ear infections.
- Your baby will cough and cry less.
- Your baby will have fewer asthma and wheezing problems.

### FOR YOU:

- You will have more energy and breathe easier.
- You will save money that you can spend on other things.
- Your clothes, car, and home will smell better.
- Your skin and nails won't be stained, and you will have fewer wrinkles.
- Food will smell and taste better.
- You will feel good about quitting.



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**Smoke-Free Families**  
[www.smokefreefamilies.org](http://www.smokefreefamilies.org)

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# KEYS FOR QUITTING



## 1. GET READY.

- ▶ Think about how quitting will help you and your baby.
- ▶ Plan on not smoking once you bring your baby home.
- ▶ Set a quit date and stick to it—not even a single puff!
- ▶ Get rid of ALL cigarettes and ashtrays in your home, car, or workplace. Make it hard to get a cigarette. Set up smoke-free areas in your home, and make your car smoke-free.



## 2. GET SUPPORT AND ENCOURAGEMENT.

- ▶ Tell your family, friends, and coworkers you are quitting, and ask for their help.
- ▶ Ask smokers not to smoke around you.
- ▶ Talk to women who quit smoking when they were pregnant.
- ▶ Talk with your prenatal care provider about your plan to quit.
- ▶ For free help, call 1-800-QUIT NOW (784-8669) to be connected to the quitline in your State.



## 3. LEARN NEW SKILLS AND BEHAVIORS.

- ▶ Try to change some of your daily habits to lower your chances of smoking.
- ▶ Plan something fun to do every day.
- ▶ Practice new ways to relax.
- ▶ When you want to smoke, do something else: find a way to occupy your hands, your mouth, and your mind.
- ▶ Think about your reasons for quitting.



## 4. BE PREPARED TO HANDLE “SLIPS.”

- ▶ If you “slip” and smoke, don’t give up.
- ▶ People who quit after they “slip” tell themselves, “This was a mistake, not a failure.”
- ▶ Set a new date to get back on track.
- ▶ Remember that by quitting, you are protecting your baby’s health and your own.

# YOUR QUIT PLAN

## 1. YOUR REASONS TO QUIT:

\_\_\_\_\_

\_\_\_\_\_

## YOUR QUIT DATE:

\_\_\_\_\_

## 2. FRIENDS AND FAMILY WHO CAN HELP YOU:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 3. SKILLS AND BEHAVIORS YOU CAN USE TO HELP YOU QUIT:

\_\_\_\_\_

\_\_\_\_\_

## 4. WAYS YOU CAN HANDLE “SLIPS”:

\_\_\_\_\_

\_\_\_\_\_

## YOUR PRENATAL CARE PROVIDER’S

Name: \_\_\_\_\_

\_\_\_\_\_

Telephone number: \_\_\_\_\_

Next appointment date: \_\_\_\_\_

\_\_\_\_\_

**Quitting smoking is one of the most important things you can do for you and your baby.**

Followup plan: \_\_\_\_\_

Other information: \_\_\_\_\_

Referral: \_\_\_\_\_

PNCP: \_\_\_\_\_ Date: \_\_\_\_\_