



GOOD THINGS HAPPEN AS SOON
AS YOU QUIT

FOR YOUR BABY:

Your

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 1-800o, 1,

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

Followup plan:

Other information:

Referral:

PNCP:

Date: