

# 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

# YOUR QUIT PLAN



## 1. GET READY.

- ▶ Think about how quitting will help you and your baby.
- ▶ 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.
- ▶ Call the national quitline at 1-800-QUIT NOW.



## 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.

## 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: \_\_\_\_\_