



## Give a gift to your baby, Quit Smoking!

### **If you quit smoking....**

- ♥ Your baby will get more food and oxygen
- ♥ Your baby will grow better
- ♥ Your baby's lungs will work better
- ♥ Your baby will have a better chance of being born alive and healthy
- ♥ You will be less likely to miscarry
- ♥ You and your baby will be more likely to leave the hospital together



**Want to quit?  
Call to get help!**

**American Cancer Society**

**1-800-227-2345**

**Get the truth about tobacco:**

**1-877-266-3863**

**Utah Department of Health**

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## Tips To Help You Stop Smoking

- ◆ Write down all your reasons for quitting
- ◆ Throw your cigarettes away
- ◆ Tell people you are quitting, ask them to help
- ◆ Ask people not to smoke around you
- ◆ Drink extra water, milk, and juice
- ◆ Chew gum or sunflower seeds
- ◆ Keep your hands busy
- ◆ Go for a walk
- ◆ Take time out to relax
- ◆ Reward yourself
- ◆ Plan ahead, be ready to use your favorite tip for not smoking

## Stay smoke free after you have your baby!

If you stay smoke free, your baby will:

- ♥ Grow better
- ♥ Breathe better
- ♥ Get fewer colds, coughs, and earaches
- ♥ Be less likely to die of SIDS
- ♥ Be less likely to smoke as an adult



## TO SLIP AND SMOKE DOESN'T MEAN YOU FAILED!

Quitting smoking takes lots of practice. Sometimes you may slip. If you smoke a cigarette, don't think of yourself as a smoker again. Just remind yourself of why you quit, and tell yourself you can do it again.