



Your Baby's Health Is in Your Hands

Now you have the best reason to quit tobacco.



You can quit tobacco. We can help.

With a baby on the way and so much to do, this might be the last thing you want to take on. But it's the most important thing you can do. Smoking can make your pregnancy more difficult and harm your baby.

It's natural to feel stressed, but tobacco doesn't really help your body relax. Try one of these instead:

- Go for a walk.
- Lie down and rest or take a short nap.
- Have a light, nutritious snack.
- Listen to music or write in a journal.
- Take a warm bath.
- Talk with a friend, partner or relative.
- Read a magazine or book.

You can give your baby a healthy start. You can quit tobacco.

Call our toll-free Quitline and we'll help design a free program that's right for you.

1-877-Yes Quit

(1-877-937-7848)



Quitline

