



## Are you ready to quit smoking?

To enroll in this program, call the local agency listed on the back of this page.

They will set up your first appointment and provide the positive support you need to quit.

We are committed to helping you quit.  
You and your baby can be tobacco free!



This program is provided  
in partnership with:

The National BABY & ME — Tobacco Free Program  
[babyandmetobaccofree.org](http://babyandmetobaccofree.org)



**Healthy Babies Born on Time.**

Quitting smoking is the single most important thing you can do for your health and the health of your baby!



### Benefits for your baby:

- Increases the amount of oxygen your baby will get
- Increases the chance your baby's lungs will work
  - Lowers the risk that your baby will be born too early or too small
- Increases the chance that your baby will come home from the hospital with you

### Benefits for you:

- Gives you more energy and helps you breathe easier
- Improves your health & reduces your risk of cancer
  - Saves money
- Makes your clothes, hair and home smell better
  - Makes your food taste better
- Helps you feel good about what you've done for you *and* your baby

## How does the BABY & ME — Tobacco Free Program work? Program work?

### What you need to do:

- Enroll in the BABY & ME — Tobacco Free Program
- Quit smoking and stay quit during your pregnancy
- Attend the 4 prenatal quit smoking classes
- Agree to take a monthly breath test to prove that you are tobacco free
- Stay tobacco free after your baby is born and receive a monthly voucher for **FREE DIAPERS** for up to 12 months!



To enroll in your local  
**BABY & ME — Tobacco Free Program**  
get in touch with:

(Name, Address, Phone  
label goes here)



- **Enroll Today!**
- **Quit Smoking**
- **Get Free Diapers**