

*Quitting smoking early in pregnancy is best, but quitting at any time helps you and your baby. Take your first step toward quitting today! Talk with your doctor about setting a quit date and creating a plan to not smoke when the cravings hit.*

### **The Five D's**

These are five simple steps to take to help you become smoke free.

#### **Delay.**

Don't reach for that cigarette when you feel you need one. The longer you delay, the less likely you are to actually smoke.

#### **Do something different.**

- ~ Treat yourself to a healthy snack
- ~ Go for a walk
- ~ Visit with friends

#### **Deep breathe.**

Take four slow breaths. Breathe in through your nose and out through your mouth. This breathing exercise works well when you become stressed.

#### **Drink water.**

Drink at least eight glasses of water a day. Water flushes nicotine out of your system and helps your body work and feel better.

#### **Don't go where people are smoking.**

This will help you to fight off the need to smoke. The smoke from other people's cigarettes is also harmful to you and your baby.



*For Pregnant Women and New Moms*

*For more information on the Georgia Tobacco Quit Line, visit [www.livehealthygeorgia.org](http://www.livehealthygeorgia.org).*

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**Live  
healthy  
Georgia**



*In partnership with the GA Obstetrical and Gynecological Society*

# QUIT SMOKING FOR YOUR BABY & FOR YOU

# If you smoke and are pregnant, call this toll-free number: 1-877-270-7867.

## Why should I quit smoking?

When you are pregnant, everything that goes into your body also goes into your baby. That includes what you eat, drink, breathe and even the drugs that you take. Women who smoke are putting their babies and their own health at risk.

### *Quitting smoking while you are pregnant can protect your baby from harm:*

- ~ Increases the chances your baby's lungs will work well
- ~ Lowers the risk that your baby will be born too early
- ~ Increases your chances of having a normal weight, healthy baby

Chemicals from tobacco get into the baby's blood. They can harm the baby and limit the baby's growth.

### *You also benefit from quitting while you are pregnant and after your baby is born:*

- ~ Healthier breast milk
- ~ Fewer coughs and colds for you and your baby
- ~ Saves you money that can be spent on more important things
- ~ Makes your clothes, home and car smell better
- ~ Gives you more energy and helps you breathe easier

After the baby is born, it may take a little time to adjust. Don't give in to stress by smoking. Make time to rest and to do fun things that you and your baby will enjoy.



## Need help quitting?

**Call the Georgia Tobacco Quit Line!**  
The Georgia Tobacco Quit Line is a *free* resource for Georgians ages 13 and older who want to quit using tobacco.

The Quit Line provides counseling, a resource library, support and referral services. When you call, you will speak with a trained counselor who will help you create a quit plan that best meets your needs. The counselor will follow up with you to check on your progress. Tobacco users can call **1-877-270-7867.**

Spanish speakers call **1-877-266-3863.**

**TTY: 1-877-777-6534  
for the hearing impaired.**