



# Pointers For Moms-to-Be

## Kick The Smoking Habit—For You And Your Baby

(NAPSA)—Quitting smoking is one of the most important things a woman can do to improve the outcome of her pregnancy. Smokers who want to quit can get help from the American Legacy Foundation Great Start Quitline, which provides free telephone counseling 24 hours a day to give pregnant smokers the help they need to succeed in kicking the habit.

Both a mom and her baby will enjoy immediate health benefits when she quits smoking. Quitting benefits a baby by reducing the risk of miscarriage, premature delivery, low birth weight and Sudden Infant Death Syndrome. It is never too late to quit smoking, but the first step is deciding to quit.

The Quitline is a major component of Great Start—the first national media campaign to provide free cessation counseling services to pregnant smokers in English and Spanish. Callers also receive a video encouraging them to quit and an educational booklet with tips and tools for success, including:

**Prepare to quit.** List your reasons for wanting to quit, such as improving your baby's health and your own.

**Set a quit date.** Set a quit date and stick to it. Throw away your cigarettes and remove ashtrays from your home, workspace or car prior to your quit date. Do something fun and stress-free that day because you deserve it.

**Change your daily habits.** Avoid situations where you are most likely to smoke.

**Keep your hands and mouth busy.** Learn to knit or sew, play



**Pregnant women who want to quit smoking can now find support 24 hours a day.**

with a rubber band, paint your nails, chew gum, munch on carrot sticks or eat a piece of hard candy. These activities will help keep you from lighting up.

**Cope with withdrawal.** Withdrawal symptoms are your body's normal reaction to becoming a healthy ex-smoker. Taking walks, eating healthy snacks or playing a game are good coping techniques.

**Rally your support.** Tell others of your plan to quit. Support from family and friends can increase your chances of success in quitting.

Most important, use the resources available to you, such as the Great Start Quitline. If you are a pregnant smoker and want to quit, call 1-866-66-START or visit [www.americanlegacy.org](http://www.americanlegacy.org) to learn more about Great Start, and to start living a healthier life for you and your baby.