



Create a safe and healthy environment for your baby by quitting smoking and not allowing others to smoke around your baby either!

## TIPS TO HELP YOU QUIT SMOKING:

- **Seek local support and resources**
  - Friends and family
  - Faith-based community
  - Support groups
- **Find cravings replacements**
  - Healthy snacks
  - Fruit or vegetables
- **Find a healthy distraction**
  - Working out
  - Going for walks
  - Playing with your baby
  - Reading
  - Journaling, etc.
- **Understand your “why”**
  - To increase current and future wellness of baby
  - To create a healthy environment for baby
  - To decrease the risk of SUID and SIDS

## RESOURCES TO QUIT:

- [CDC.gov/tips](https://www.cdc.gov/tips)
- [Smokefree.gov](https://www.smokefree.gov)
- Free quit help 1-800-784-8669

