

Don't Let Your Baby Start Life Under a Cloud

Help your baby start life smoke free!

Quitting helps you and your baby — here are some of the ways:

- ☁ Your baby gets the oxygen and nutrients it needs
- ☁ Your baby's lungs develop better
- ☁ You will have a safer pregnancy
- ☁ Your baby will grow up healthier:
 - Fewer colds, allergies and ear infections
 - Fewer trips to the doctor
 - Fewer behavior problems

If you don't smoke—great!

Don't let anyone smoke near you or your unborn baby.

If you smoke—now is the time to quit and we can help!

Every cigarette you don't smoke during your pregnancy helps your unborn baby.

**Call
1-800-NO-BUTTS
(1-800-662-8887)
For FREE help
to quit smoking**

Partnership for | A Partnership Project of
Smoke-Free Families | Rady Children's Hospital
Scripps • Sharp

Health • Wellness • Community



visit

www.sdSmokeFreeFamilies.com

for more information