Coaching Makes it Easier.

Did you know that you are more likely to stop smoking when someone is coaching you?

It's true, and that's how the West Virginia Quitline can really help you.

For more information, visit www.mommyquitforme.com.

West Virginia TOBACCO QUITLINE
1-800-QUIT-NOW 1-877-966-8784

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This program offers guidance to smokers who want to quit, and it's a free service.

WEST VIRGINIA Department of Health & Human Resources

Division of Tobacco Prevention
WEST VIRGINIA DEPARTMENT OF HEALTH AND HUMAN RESOURCES

WEST VIRGINIA TOBACCO CESSATION PROGRAM
West Virginia Department of Health and Human Resources

Tobacco-Free Pregnancy Initiative
West Virginia Department of Health and Human Resources

"Mommy, Quit for Me."

West Virginia TOBACCO QUITLINE
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What you need to know for the life of your baby

Smoking & Your Baby

Smoking is a dangerous habit for everyone.

It has been proven to cause heart disease, emphysema, lung cancer, breast cancer and other cancers.

It can cause even more problems for pregnant mothers, such as:

- Increased risk of miscarriage, stillbirth, preterm labor and a premature baby.
- Increased risk of birth defects, slow physical growth and mental development.
- Twice as likely to have problems getting pregnant.

It's never too late to quit, even if you've smoked a lot for a long time.

Here are some helpful ways to get started:

- List your reasons for quitting. Place the list where you can see it often.
- Set a day to quit. Mark that date on your calendar.
- Prepare yourself and your home. Throw away ashtrays and cigarettes.
- Reward yourself. You can save a lot of money when you are no longer buying cigarettes. Decide how you will treat yourself with the extra money after you quit.
- Ask for help. Your doctor can help you with ways to quit.
- Get support. Ask for patience from your partner, family and friends.

Smoking & Your Child

Smoking is dangerous to your health and those around you who breathe in your smoke.

If you quit smoking, you can create a home that is much healthier for you and your child.

Benefits of Not Smoking:

- Less chance of Sudden Infant Death Syndrome (SIDS)
- Healthier breast milk
- Fewer coughs and colds
- Less risk of your child having allergies, asthma or other lung problems
- A better chance of enjoying a longer and healthier life together