



Quit for good today, and give your baby a healthy start

When the urge to smoke strikes remember the '4Ds'

Delay: Delay for a few minutes, the urge will pass

Deep breathe: Breathe slowly and deeply

Do something else: Ring a friend or practice your pre-natal exercises

Drink water: Take 'time out' and sip slowly

Talk to your doctor today about how you can stop smoking for good.

Smoking increases the risk of:

- **Miscarriage**
- **Premature labour**
- **Infection and breathing difficulties due to low birth weight**
- **SIDS (sudden infant death syndrome)**

Quitline
13 7848
australia.gov.au/quitnow

**EVERY CIGARETTE YOU DON'T SMOKE
IS DOING YOU GOOD**

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