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

Smoking increases the risk of:

- Miscarriage
- Premature labour
- Infection and breathing

pre-natal exercises

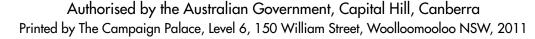
Drink water: Take 'time out' and sip slowly

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

difficulties due to low birth weight
SIDS (sudden infant death syndrome)

Quitline 137848 australia.gov.au/quitnow

EVERY CIGARETTE YOU DON'T SMOKE





Australian Government