## 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

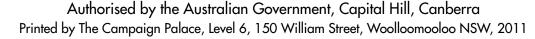
**Drink water:** Take 'time out' and sip slowly

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**