



TOLL FREE **1-800-QUIT-NOW** (1-800-784-8669)

Call seven days a week: 8:00am –12:00am (EST)

For more information about quitline  
services and resources please visit:

**[www.indianaquitline.net](http://www.indianaquitline.net)**

**There's Never Been a Better Time to Quit**

The Indiana Tobacco Quitline is Free and Easy.



*Baby Love*

*Quitting before or  
during pregnancy  
is an important step  
toward motherhood*



## The Indiana Tobacco Quitline Can Help You Quit

Smoking when you are pregnant can affect your unborn child. Just being around people who smoke can expose you and your baby to harmful chemicals that can have a lifelong impact. No matter how far along you are in your pregnancy, you and your baby will be healthier if you quit now.

The Indiana Tobacco Quitline offers:

- More services to pregnant women during and after pregnancy through one-on-one telephone counseling with a Quit Coach®.
- Access to 24-hour Web Coach.
- Free information on quitting smoking .
- Referrals to local quit smoking services in your community.

Quitting tobacco is hard and you may have tried to quit two, three or more times. Don't give up! Each quit attempt you make brings you closer to success.

## Quitline Services for Pregnant Women

When you call the Indiana Tobacco Quitline, a trained Quit Coach® will be ready to help make a quit plan just for you. This plan can help before, during and after your pregnancy. Quit Coaches® have helped hundreds of people quit, they understand the challenges involved in successfully quitting.

Pregnant smokers who quit have a higher risk of smoking again after the baby is born. Your Quit Coach® will call after delivery to help you stay tobacco free.

Your Quit Coach® will be there for you during those tough times when you may be tempted to smoke. You can call the quitline anytime even just for encouragement.

## The Benefits of Being Tobacco Free

- Your baby gets more oxygen, which promotes healthy growth.
- Your baby's lungs function better.
- Lowers the risk of your baby being born too early.
- Increases your chances of having a healthy baby.
- Lowers the risk that your child will have health problems (coughs, colds, ear infections and asthma).
- Decreases the chance your baby will die of Sudden Infant Death Syndrome (SIDS).
- You will have more energy and breathe easier.
- Saves money so you can buy more things for you and your baby.



***It's EASY, it's CONFIDENTIAL and best of all it's FREE.***