

Quit for you. **Quit for two.**

When a baby's on the way, it's twice as important to get the support you need to quit smoking. Phone **Quitline** and ask about **Quit for you Quit for two**.

.....
They can help you beat the cravings, with tips like these:

- **Delay:** *Delay for a few minutes - the urge will pass*
 - **Deep breathe:** *Breathe slowly and deeply*
 - **Do something else:** *Ring a friend or practise your prenatal exercises*
 - **Drink water:** *Take 'time out' and sip slowly*
-

When you choose to quit, you lower the risk of:

- *miscarriage*
- *premature labour*
- *ectopic pregnancy*
- *SIDS*

And you'll save money.

.....

Download the free app



Go to the App Store or
Android Market now to download
Quit for you Quit for two for free.

.....



Australian Government

Quitline
137848

australia.gov.au/quitnow

