

Smoking while pregnant puts your baby at risk for...

- Low birth weight and pre-mature birth, which affects baby's health
- Birth defects, including cleft lip, cleft palate, heart and intestinal issues
- A weakened immune system
- A higher risk of dying from Sudden Infant Death Syndrome (SIDS)
- A decreased chance of healthy development of the lungs and other organs
- Abnormal brain development before birth and into childhood, which can result in behavior issues and learning disabilities

Free help is available!



For more information,
visit: www.mmdhd.org

Or call: (989)831-3634

A Pregnant Woman's Guide to Quit Smoking

SCRIPT* and
other resources
for you



What is SCRIPT?*

SCRIPT is Smoking Cessation and Reduction in Pregnancy Treatment. It is a self-guided quit smoking program, with added support from a trained cessation specialist.

With **SCRIPT**, you will learn:

- Reasons for quitting
- Tips for getting started
- Identifying a support system
- Self care tips
- Dealing with secondhand smoke
- Overcoming stressors and slips
- Tips for staying quit

You will receive:

- A Carbon Monoxide score measured by a breath test, which helps to identify your risk
- A guidebook to follow: *A Pregnant Women's Guide to Quit Smoking*
- Personalized follow up support

*SCRIPT is an evidence based program made available from the Society of Public Health Education. www.sophe.org

What are other quitting options?

Michigan Tobacco Quitline

1-800-QUITNOW or 1-800-784-8669



Receive up to \$65 by talking with a telephone coach during and after your pregnancy.

Or visit:

www.women.smokefree.gov for:

- *SmokeFreeMom*, a free text messaging program that provides tips, advice and encouragement
- *QuitGuide and quitSTART*: personalized phone apps that help based on your smoking patterns and goals
- Online chat opportunities when you simply access the website
- *Facebook* support groups

These programs can help you to stay nicotine free after your baby is born!
Discuss your quit plans with your doctor.

What are the benefits of quitting?

For you, a lower risk of:

- Miscarriage
- Placenta complications
- Premature delivery
- Pre-eclampsia
- Breastfeeding problems
- Cancer
- Cardiovascular disease

For your baby, a lower risk of:

- Birth defects, like cleft palate
- Sudden infant death syndrome
- Asthma, pneumonia, and bronchitis
- Ear infections
- Learning Disabilities

