

Name: _____ Date: _____

Quitting Before Pregnancy

 I am thinking of getting pregnant.
I would like to become pregnant by this time in my life: _____.

Fill in an answer that makes sense for you, such as an age or year that you want to become pregnant.

Smoking/vaping and secondhand smoke/vapor (inhaling other people's smoke/vapor) can cause issues for someone who wants to get pregnant or who is already pregnant, including:

- Trouble getting pregnant
- Placenta pulling away from the uterus
- Placenta covering the cervix
- Early labor (also called pre-term birth)

Smoking/vaping and secondhand smoke/vapor during pregnancy can cause issues for the baby too, including:

- Being born too small
- Being born too early
- Dying before or shortly after birth
- Sudden infant death syndrome (SIDS)
- Birth defects



The best time to quit smoking is before you get pregnant (but quitting any time is a good idea)! Quitting now will help your body get healthier so you are able to get pregnant easier, can carry your baby to full term, and help your baby be healthier as they develop.

 Write a goal you have for your future baby, or draw a picture to represent your goal.

Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.