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you're having a baby **together.**
you can quit tobacco **together.**



You and your partner can quit tobacco. We can help.

This might be the last thing you want to take on — but it's one of the most important things you can do for your partner and baby. It's not easy for pregnant women to quit smoking if their partners smoke. So why not quit together? Help her get through her cravings, and she'll help you get through yours.



Why does it matter? Tobacco and secondhand smoke can make pregnancy more difficult and harm babies, even after they're born.

We know it's hard, but you can give your baby a healthy start by quitting. Try these to jump-start your quit attempt:

- Do it together and be supportive.
- Work on a project that keeps your hands busy.
- Listen to music or do something else that's fun.
- Call the American Cancer Society's toll-free Quitline at 1-877-Yes Quit for free help.
- Set a quit date and stick to it.
- Work out or get some other exercise.
- Chew gum.
- See a doctor for other ideas.

Quit together. Quit for good.

Call our toll-free Quitline, and we'll help design a free program that's right for you.

 **1-877-Yes Quit** 
(1-877-937-7848)