


Smoking cuts off oxygen for your baby's growing brain, lungs, eyes and other important organs. Babies and young children who live in a home with smokers can suffer the risk of getting sick from second-hand smoke.

If you **smoke**
and want to **quit**,
we can **help**.
not **ready?**

We will help get you there.




We help families
provide smoke-free homes
for growing children.



Quit smoking with support during and after pregnancy

2500 McClellan Avenue Suite 250
Pennsauken, NJ 08109
888.545.5191 Toll Free
856.665.6000
856.665.7711 fax
www.snjpc.org

Mom's Quit Connection is a program of Southern New Jersey Perinatal Cooperative funded by the New Jersey Department of Health and Senior Services and the Comprehensive Tobacco Control Program.



Some babies
born to mothers
who smoke are ok,
but others are
not so lucky.



**Do you really want
to take the chance?**



Quit smoking with support during and after pregnancy



When you **smoke** your baby **smokes**

We know having a baby is an exciting time. It can also be overwhelming. Balancing motherhood with work, school, family and relationships can be stressful. A cigarette can be comforting, and that makes it easier to forget the risks.

What's At Risk

Pregnant women who smoke, or spend time with others who smoke, expose their babies to serious harm.

Babies of pregnant smokers could:

- Be born too early and too small
- Have trouble breathing on their own
- Suffer from asthma and allergies their entire lives
- Have behavioral problems that affects learning abilities

The Risk For Mom

Along with the more well known health problems, pregnant smokers have more medical problems at delivery than those who do not smoke.



Mom's Quit Connection

Do you want to stop smoking, but just can't do it on your own? Mom's Quit Connection works closely with you and your family to develop a quit plan that fits **YOUR** life.

The program has many benefits:

- Free Services
- Individual and telephone counseling at all stages—before during and after pregnancy.
- Self-help and tobacco education materials
- Friendly counselors who listen without judging
- Referrals to help family members quit
- Educational programs and events



**Mom's
Quit Connection®**

Quit smoking with support during and after pregnancy

**We can help.
856.665.6000**

***Helping you make healthier choices
for you, your baby and your family.***

