Here are some helpful ways to get started:

List your reasons for quitting.
Place the list where you can see it often.

Set a day to quit.
Mark that date on your calendar.

Reward yourself.
You can save a lot of money when you are no longer buying cigarettes. Decide how you will treat yourself with the extra money after you quit.

Ask for help.
Talk to your doctor, ask for help from friends and family or call the Arkansas Tobacco Quitline.

People who call the Quitline are at least twice as likely to kick the habit.

CALL 1-800-QUIT-NOW
(1-800-784-8669) for
PERSONALIZED, MOTIVATIONAL AND SUPPORTIVE SESSIONS with a QuitCoach®.

It's never too late to quit, even if you've smoked for a long time.

Your baby needs a safe place to grow right now.

She will also need a healthy mother and a smoke-free environment following her birth.

Your Tobacco Settlement Dollars at Work

SOS
STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
1-800-QUIT-NOW

When you're a mother, you're smoking for two.

1-800-QUIT-NOW

Some women just need the right motivation.

Not smoking benefits
you as a smoker and your child.

Including:

Less chance of Sudden Infant Death Syndrome (SIDS)

Fewer ear infections

Fewer coughs and colds

Less risk of your child having allergies, asthma or other lung problems

A better chance of enjoying a longer and healthier life together

Prepare your home for your new child.

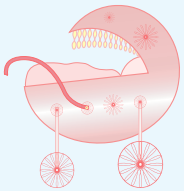
When you begin to baby-proof your house, you should also add to that list:

Removing all tobacco products

Removing ashtrays

Washing any fabrics your baby could come in contact with

This will help prepare you and reduce temptation, as well as provide a safe, clean environment for your baby to come home to.



How it works:

Smoking is a habit that is most often developed over time, so we expect you to take a bit of time to quit, especially during this very emotional time of your life.

The Arkansas Tobacco Quitline provides pregnant women 10 one-on-one phone sessions with a personal QuitCoach®.

Consider it five for you and five for your unborn child. You choose your own quit date, preferably set before you give birth.

Five to six calls made within 60 to 90 days of enrollment

One call made 30 days prior to due date

Two calls placed after birth