



Smoking In Pregnancy –Resources to Help You QUIT

Quitting smoking before pregnancy or as early as possible in pregnancy is one of the best things a woman can do for herself and baby. It is a time she is motivated to quit or decrease her smoking. The Northwestern Health Unit offers cessation support to pregnant women using the Stopping When Your Ready Program. Even if a woman is thinking of reducing her smoking –but not quitting, we offer a resource and support for this important step. Linking with the Smokers Help Line for advice and support will also aid her efforts. Contact your local Healthy Babies Healthy Children Public Health Nurse for more information.