



Just A Little Reminder

Dear _____,

Some time has passed since your last visit, when we talked about quitting smoking. I hope that you have taken the steps we talked about to helping you quit.

Smoking can be a tough habit to break. Remember, many attempts may be needed in order to quit and stay quit. Should you feel tempted to smoke..
.... Take a deep breath Eat a healthy snack Take a short walk Talk to a family member or friend Read "Make Yours A fresh Start Family ... A Magazine for Pregnant Women Who Smoke."

You may also want to ask family members and friends for their support to get through those tough time.

Quitting smoking is not easy. But I know that you can do it for you and your baby. Keep up the good work!



Just A Little Reminder

Dear _____,

Some time has passed since your last visit, when we talked about quitting smoking. I hope that you have taken the steps we talked about to helping you quit.

Smoking can be a tough habit to break. Remember, many attempts may be needed in order to quit and stay quit. Should you feel tempted to smoke..
.... Take a deep breath Eat a healthy snack Take a short walk Talk to a family member or friend Read "Make Yours A fresh Start Family ... A Magazine for Women Who Smoke."

You may also want to ask family members and friends for their support to get through those tough time.

Quitting smoking is not easy. But I know that you can do it for you and your child. Keep up the good work!