

A yellow baby onesie with a pink outline and a grid of small brown teddy bears. The onesie has a white dashed line for the collar and a white dashed line for the waistband. The text "YOUR REASON TO QUIT SMOKING IS GROWING BIGGER EVERY DAY." is printed in the center in a bold, dark blue font. The onesie is decorated with a grid of small brown teddy bears. There are 10 bears in the top section, 10 in the middle section, 10 in the bottom section, and 2 in the waistband section, for a total of 22 bears.

**YOUR REASON TO QUIT
SMOKING IS GROWING
BIGGER EVERY DAY.**

Help your baby get a healthy start.

Quitting smoking at any time during pregnancy can improve your health and help protect your baby's health. It's never too late to quit.

Smoking during pregnancy increases your chances of preterm labor and your baby's risk of having:



- Chest colds and coughs
- Ear infections
- Heart defects
- Sudden Infant Death Syndrome (SIDS)

Smoking may also cause low birthweight which can lead to your baby having:



- Chronic lung disorders
- Underdeveloped brain
- Breathing problems
- Anemia

Free help is available to quit all tobacco and nicotine products. Quit coaches are available for 24/7 personalized support. Contact Quit Now Virginia at 1-800-QUIT NOW (1-800-784-8669) or QuitNowVirginia.org.

Quit Now
Virginia

