

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 neckline and armholes, and a white dashed line for the crotch. The text "YOUR REASON TO QUIT SMOKING IS GROWING BIGGER EVERY DAY." is printed in the center in a bold, dark blue font. There are 25 small brown teddy bears arranged in a grid: 5 in the top row, 5 in the second row, 5 in the third row, 5 in the fourth row, and 5 in the bottom row.

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

**Give your baby a healthy place to grow.
Because your need to quit is getting bigger every day!**

**Giving up smoking is hard. But, it's harder to repair the
little life inside you after your baby is exposed to smoke.**

Smoking during pregnancy increases your chances
of pre-term labor and future health problems, like:



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

Smoking may also cause low birthweight.
Some issues relating to low birthweight include:



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

Get the support you need to quit for *free*!
Call the Quitline at 1-800-784-8669 to talk to a
dedicated Quit Coach. Pregnant women receive
personalized help and 10 free phone sessions.

Make LIFE your new habit!



Call 1-800-QUIT NOW
(1-855-DEJELO-YA)
QuitNow.net/Virginia