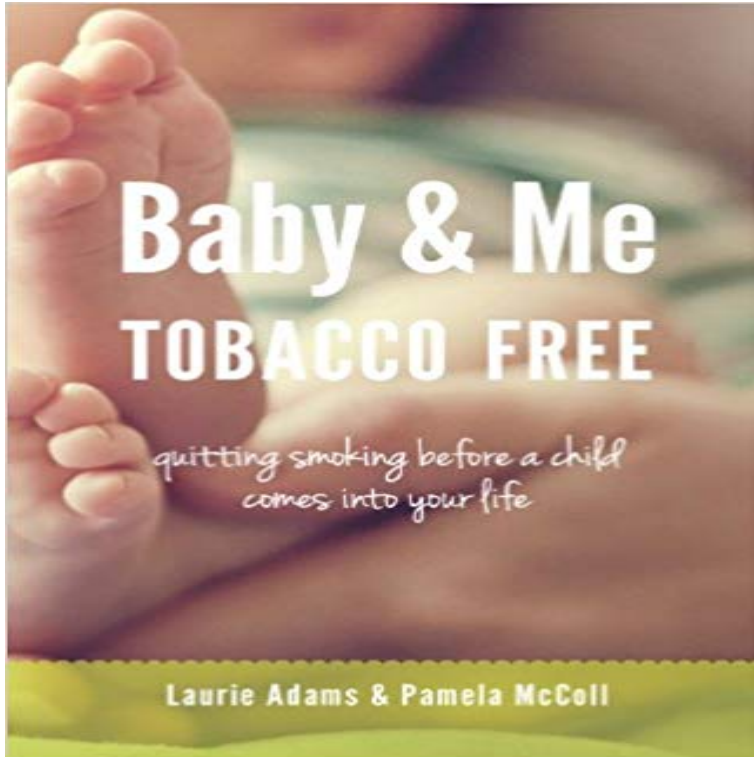


## Baby and Me Tobacco Free: Quitting Smoking Before a Child Comes Into Your Life



The book outlines the smoking cessation program created to reduce the burden of tobacco use for parents who are looking forward to starting a family and want to do so smoke-free. Quitting smoking is one of the most important steps a pregnant woman can make to have a healthy baby. The Baby and Me Tobacco Free Program is a proven method to help women quit smoking and stay quit after the baby is born. By reducing the rate of prenatal smoking, the program has successfully decreased the number of babies born prematurely and increased the number of babies born at a healthy weight. This program guides and supports a woman through the stages of quitting.

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