

## If you're pregnant or planning to be,

Quit for You - Quit for Two provides support and encouragement to help you give up smoking.

It will take your mind off the cravings with fun exercises and games to keep your hands busy. It distracts you when you feel the urge to light up, with practical quit tips and advice. It inspires you to keep going with amazing facts about your baby's development. And it gives you ideas for what you could buy with the money you're saving every day you don't spend money on cigarettes.



It's a fun and really practical way to quit and stay smoke-free for the health of you and your baby.

Here's what you'll find in Quit for You - Quit for Two:

- Quit tips on dealing with cravings
- Bouncing Baby game
- Baby Boogie game
- Baby Bubble game
- Baby name selector
- Breathing yoga exerciser
- Week-by-week facts about your baby's development
- Daily savings announcements based on money not spent on smoking