

## TESTIMONIALS - Smoking Cessation Pregnant Women



“I'm so grateful for my husband. He's my pillar, my strength. He says to me, 'You can do it! I know you can!' Tells me how good I look, how pretty I smell. Says he can see a difference. Know what he said? Said he'd love me no matter how big I got long as the baby's healthy. So far, I haven't smoked. Not once! I almost cheated last week but then I felt the baby kick! I felt it move! My baby. And I couldn't do it. I just couldn't. We're so lucky you know, (rubs belly) making life like this...”

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“I'm so glad I quit, so glad! Everything's better. I look better, feel better, even smell better! I can't believe I used to inhale all that smoke! Ever notice how much smoke fills the room from a simple drag? All that smoke was going into my baby! Who, right now, is about the size of a walnut. That itty-bitty thing surrounded by clouds of smoke? No way! She'd never make it! This is my child in here. My child! I have to be healthy for her, so she'll come out all right, You know, ten fingers, ten toes...”

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“My grandma, she carries around one of those tanks, you know, the ones you pull behind you with the tubes and all. She can't breathe with out it. Takes it everywhere. And I'm thinking, 'that could be me!' I'm 'bout ready to have a baby too! I can't do that to no baby! So I'm gonna ask my doctor for help, anything, cause quittin's going to be hard! But I don't want to be pulling round no tank, that's just not right. I want to be running through the park with my child. Not hooked up to some machine”