

A close-up photograph of a pregnant woman's bare belly. Her hands are gently resting on her abdomen; the top hand is near the top right, and the bottom hand is near the bottom left. She is wearing a dark-colored top and blue jeans. The background is a soft, out-of-focus pink and white. The text 'Want the best for you and your baby?' is written in large blue letters across the middle of the belly. Below it, in smaller red letters, is 'We can support you to quit smoking.' On the left side, curved along the edge of the belly, is the text 'MORE money + energy for you. MORE oxygen for your baby = healthier baby' in red. At the bottom, there is a blue banner with white text providing contact information and the Quitline logo.


**MORE money + energy for you. MORE oxygen for your baby = healthier baby**

## Want the best for you and your baby?

We can support you to  
quit smoking.

Quitting successfully requires having good support.  
We offer this support plus a lot of encouragement.  
**Call us on 13 7848**

**Quitline**  
Tasmania

A close-up photograph of a pregnant woman's bare belly. Her hands, with red-painted nails and a ring on her left ring finger, are resting on her abdomen. The background is a soft, out-of-focus sky with light clouds. Text is overlaid on the belly, following the curve of the abdomen.

Need help with cravings?  
Remember the 4 D's

**D**elay going out for a smoke

**D**eep breathing

**D**O something else

**D**RINK water

 **Quitline**  
Tasmania

Quitline can give you some tips  
on how to give quitting a go.

**Call Quitline 13 7848**

[quittas.org.au](http://quittas.org.au)

