



**Mom's
Quit Connection®**

Quit smoking with support during and after pregnancy

NAME AND TAME your TRIGGERS

Triggers

Coping Techniques

*Being around
others who smoke*

Go places where smoking isn't allowed.
Tell your friends that you are trying to quit.

Feeling bored

Find new ways to occupy your time, take a walk,
read, find a new hobby.

Drinking alcohol

Avoid drinking alcoholic beverages while you are
trying to quit. Do not go to bars, especially one's
that allow smoking.

Feeling hungry

Have a healthy snack or drink some water.

Drinking coffee

Switch to tea, or hold your cup with the hand you
used to hold your cigarette in.

Talking on the phone

Put something else in your hand, such as a pen.
Doodle on scrap paper.

Watching TV

Don't sit in your usual chair. Keep popcorn or low-fat,
healthy snacks on hand.

Finishing a meal

Get up from the table and do something
physical—take a walk.

For help on how to quit smoking, contact Mom's Quit Connection 888.545.5191

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