

## Appendix B.

### Perinatal Tobacco Cessation: Patient Education Materials

The following three patient education materials are free from the NC DHHS Division of Public Health Women's Health Branch. For additional patient resources, please visit: <http://youquittwoquit.com/health-professionals/patient-education/>

- [If You Smoke and Are Pregnant](#)  
This booklet was developed by the North Carolina Healthy Start Foundation and the North Carolina Division of Public Health. Information in this booklet includes the health benefits for the baby as a result of quitting smoking before or during pregnancy as well as after pregnancy. It also contains facts about the physical effects of quitting smoking on the woman as well as resources for support.
- [Oh Baby! We Want to Keep You Safe from Secondhand Smoke](#)  
This booklet, also developed by the North Carolina Healthy Start Foundation and the North Carolina Division of Public Health, provides information about secondhand and thirdhand smoke. Additionally, the potential harms of secondhand smoke exposure are discussed, as well as strategies to limit exposure while pregnant and after the baby is born.
- [You Quit Two Quit: A Guide to Help New Mothers Stay Smoke-Free](#)  
This booklet was developed by the Center for Maternal and Infant Health at the University of North Carolina at Chapel Hill with funding from the North Carolina Health and Wellness Trust Fund. It is geared towards new mothers and focuses on the triggers that may cause them to start smoking again if they previously quit. It also provides information on the benefits of not smoking for both mothers and babies.

These materials can be ordered at no cost from the NC DHHS Division of Public Health Women's Health Branch using the order form available here: <http://youquittwoquit.com/wp-content/uploads/2014/10/WHB-Order-Form.pdf>