



# 5 D's

to help with nicotine cravings during pregnancy

A guide for mums, dads, and families.

1.



## DELAY

for 2-3 minutes, the urge to smoke will become weaker.

2.



## DEEP BREATHS

Take some slow and deep breaths to lower stress and feel relaxed.

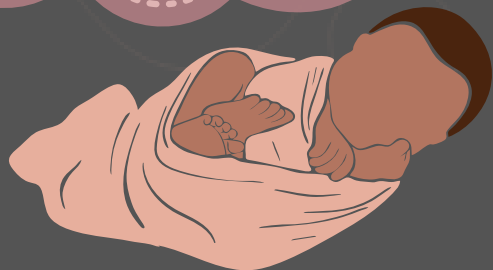
3.



## DRINK WATER

Sip on a glass of water slowly.

Be Smoke-Free for Me!



5.

## DISCUSS

Talk to a Doctor or AHW at the clinic, or call QUITLINE.

4.



## DISTRACT

Do something to pass the time. Go for a walk, do some art or have a yarn with a friend.

