

Baby & Me TOBACCO FREE



How does the Baby & Me-Tobacco Free Program work?

This program is for eligible pregnant women (less than 36 weeks gestation, a current tobacco user, quit since becoming pregnant, or quit within 3 months of becoming pregnant).

If you have already quit, you will need to provide proof that you were a tobacco user. We will ask for a referral or note from your healthcare provider.

- Enroll in the program offered through the Ross County Health District
- Attend 4 prenatal counseling sessions, approximately 20-30 minutes each.
- Attend 6-12 postpartum counseling sessions, conducted monthly after your baby is born.
- Quit smoking and stay quit during and after your pregnancy.
- Agree to take a minimum of 4 breath tests during pregnancy and 6-12 monthly tests after the baby is born.
- Receive vouchers for diapers/baby wipes when you test tobacco free during your pregnancy and after the baby is born. The vouchers can be used to buy any brand, size, or style of infant diapers/baby wipes at participating stores.



For more information, contact:

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