



UNC

SCHOOL OF MEDICINE

Center for Maternal and Infant Health

FREE MATERIALS AND TRAININGS AVAILABLE



Perinatal Tobacco Cessation Patient Materials:

Self-Help tobacco cessation materials for pregnant women, new moms, and families. Available in English and Spanish.



Educational flyers on the benefits of being tobacco free. Available in English and Spanish.



Pocket Cards for the 5As of tobacco screening & cessation counseling are also available.



Prenatal ASK

Which of the following statements best describes your cigarette smoking?

- A** I have NEVER smoked, or I have smoked less than 100 cigarettes in my lifetime.
- B** I stopped smoking BEFORE I found out I was pregnant, and I am not smoking now.

Request a Free On-Site Training!

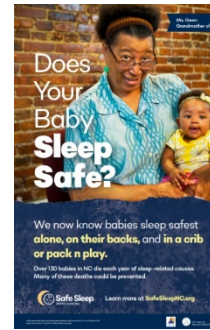
- 5As of tobacco screening and cessation counseling
- 5Rs and harm reduction
- Motivational interviewing techniques
- E-cigarettes and other electronic products
- Billing and reimbursement
- Quitline NC information

Approved for 1.5 contact hours by the North Carolina Nurses Association

Visit YouQuitTwoQuit.org for more

Safe Sleep NC Materials:

Safe Sleep patient education handouts and posters.
Available in English and Spanish.



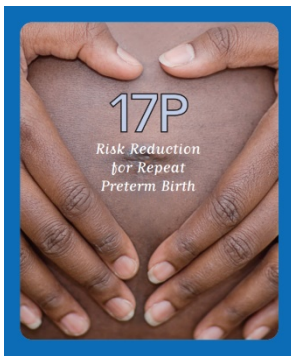
Online Provider Training

View the free 1 hour online safe sleep provider training.
Approved by the North Carolina Nurses Association for 1.5 contact hours.

Visit SafeSleepNC.org for more information

17-P Patient Education Materials:

17-P Patient Education Booklet and two-sided handout.
Available in English and Spanish.



Post-Partum Birth Control:

Birth Control After Baby Patient Education Booklets. Available in English and Spanish.



ORDER ALL MATERIALS FOR FREE FROM THE WOMEN'S HEALTH BRANCH:

Go to this link <https://whb.ncpublichealth.com/provPart/pubmanbro.htm>
Click the "Publications Form"
Print the form and fax in your order

