

**Quit for you – Quit for two**  
Television Commercial – 30 Second  
Script

Audio

When you choose to quit smoking you'll be able to breathe easier, and so will your baby.

With more oxygen and more nutrients, your baby has a better chance of reaching a healthy weight and developing in the womb for the full term of your pregnancy.

Start by downloading the free 'Quit for you. Quit for Two' app. It can really help you beat the cravings.

And so can a chat with people who are there to support you. Just call Quitline, and ask about "Quit for you. Quit for two."

Authorised by the Australian Government Canberra.