



www.babyandmetobaccofree.org

The
BABY & ME –
Tobacco
Free
Program



How to Apply

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www.tcbh.org
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Requirements

- Enroll in the BABY & ME – Tobacco Free Program and participate in the 4 prenatal quit smoking sessions.
- Quit Smoking and stay quit during your pregnancy.
- Agree to take a monthly breath test to prove you are tobacco free.
- Stay smoke free after your baby is born and receive a monthly voucher for free diapers, for up to 12 months.

“I need to let you know that quitting smoking is the BEST thing you can do for the health of you and your baby.”

Quit Smoking
Get Free Diapers
Sign Up Today!