



# UNC

## SCHOOL OF MEDICINE

# Center for Maternal and Infant Health

## FREE MATERIALS AND TRAININGS AVAILABLE



### Perinatal Tobacco Cessation Patient Materials:

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



Tear-off educational flyers on the benefits of being tobacco free. Available in English and Spanish.



5 As tobacco screening and cessation counseling provider pocket cards



### 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](http://YouQuitTwoQuit.org) for more information

## Safe Sleep NC Materials:

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



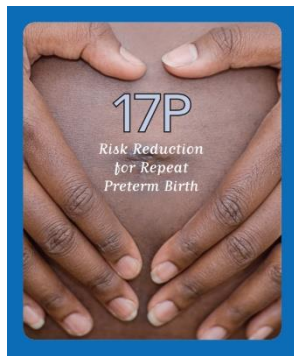
## Online Provider Training

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](http://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.



## ALL MATERIALS ARE FREE! ORDER THROUGH THE WOMEN'S HEALTH BRANCH:

Order form available at <https://whb.ncpublichealth.com/provPart/pubmanbro.htm> - "Publications Form"

