

A pregnant woman with long brown hair, wearing a grey t-shirt and grey pants, is sitting on a light blue surface. She is holding an open self-help guide that features two ultrasound images of a fetus. The background is a solid light blue color.

If You Smoke And Are Pregnant

*Or Thinking
About Pregnancy,
Use This
Self-help Guide*



TAKE THE FIRST STEP FOR YOUR BABY

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Having a plan is the most important step you can take to help you quit smoking.

This workbook was written by an ex-smoker and mother of two with input from a tobacco prevention expert.

Most Smokers Want to Quit

If you are one of them, this workbook is for you. You may have good reasons to quit smoking and some concerns. This booklet has many useful suggestions for you.

You already know your smoking is harmful to you and others around you. This includes your developing baby if you're pregnant. Quitting smoking is the best gift you can give to yourself and the ones you care about.

Let's get started. It's never too late to quit.

Benefits of Quitting

There are many reasons to quit smoking if you are pregnant or thinking about pregnancy. Perhaps none is as important as having a healthy baby. Quitting smoking anytime during your pregnancy will improve your baby's chances of being born healthy.

Quitting smoking:

- 1 Decreases the chances you will miscarry.
- 2 Reduces the risk of health problems in the last 3 months of pregnancy.
- 3 Lowers the chance of having a baby born too early (before 37 weeks).
- 4 Increases the chances your baby will have a normal weight at birth (5 1/2 pounds or more).
- 5 Lowers the risk of Sudden Infant Death Syndrome (SIDS).

See page 9 for the benefits of not smoking after your baby is born.



Smokers have a higher risk of having a baby that weighs less than 5 1/2 pounds, a baby who could be very sick. Quitting lowers this risk.



When you quit smoking, you help your baby be born closer to his due date.

Quitting Smoking Facts

- Nicotine, an addictive drug, will be out of your body in 3-5 days after you stop smoking.
- You will start to breathe easier in 2-3 weeks.
- Half of all ex-smokers say they have no withdrawal symptoms.
- Cravings for cigarettes last only 3-5 minutes and occur much less after the first 7-10 days.
- Quitting may be easier if you stay away from people who smoke.

Try Again, Even If You Tried to Quit Before

Most people who quit smoking try many times before becoming non-smokers.

Each time you try to stop smoking, your chances of quitting forever get better.

Don't give up if you smoke again. Learn from each time you tried to quit smoking. Ask yourself, what helped? What didn't work?

Remember, it is hard to change everyday habits and to overcome nicotine. But with a quitting plan, you are more likely to be successful. You can do it. Keep trying!



Remind yourself you are quitting smoking for yourself, your family and for the health of your unborn baby.



Many smokers have no withdrawal symptoms. Others may have more than one. They are signs that your body is healing.

4

Possible Withdrawal Symptoms

- 1 Cough** – Smoking stops the hair-like cilia in your lungs that sweep out and clean them. Coughing means that cigarette tars are being cleared out of your lungs.
- 2 Strong Urge to Smoke** – Your body is withdrawing from nicotine, a highly addictive drug. You also need time to change habits and learn to handle situations that make you want to smoke.
- 3 Nervousness and Tension** – Withdrawal from nicotine can cause you to feel nervous and tense. This will get better 1-2 weeks after quitting. Drink lots of fruit juices or water in the first few days to help flush the nicotine from your system.
- 4 Lack of Concentration or Dizziness** – The brain gets more oxygen instead of poisonous carbon monoxide gas after you quit. Your brain also releases less adrenalin. These are both healthier for you.
- 5 Slight Sore Throat** – Tobacco smoke irritates and numbs the throat. A slight sore throat may be felt as the numbness wears off and the throat heals.

Your Plan – Follow These 6 Steps

Step 1 What are your reasons for quitting smoking cigarettes?
List your reasons for quitting:

- A _____
- B _____
- C _____

Step 2 Think about when you smoke. For example: drinking coffee, after a meal or on the phone. *List when and where you smoke:*

- A _____
- B _____
- C _____

Step 3 *List ways you can avoid secondhand smoke:*

- A _____
- B _____
- C _____



Most successful ex-smokers made plans to help them stop. Having a plan prepares you to deal with the changes and stressful times when you quit.



Drink 6-8 glasses of water or juice each day to help flush the nicotine out of your body.

Step 4 Change your habits.

If you smoke when you:

Try doing this:

- Drink coffee → Drink hot chocolate
- Finish a meal → Get right up, take a walk, or go to another room
- Watch TV → Do something else with your hands like draw, doodle, play cards, or string beads
- Are nervous → Talk with someone, take a walk, exercise, or chew gum

List daily habits you can change:

Instead of smoking when I: I can try doing this:

- 1 _____ → 1 _____
- 2 _____ → 2 _____
- 3 _____ → 3 _____

Step 5 Use cigarette substitutes.

For your mouth:

Fresh fruits

Chewing gum

Straw or toothpick

Raw vegetables

Cinnamon stick

Nuts with shells

Sugar-free candy

For your hands:

Knit, sew, or string jewelry beads

Play with a rubberband

Hold a pen or pencil

Draw or doodle

Squeeze a rubber ball

Hold a tissue

Do a crossword puzzle

List 3 cigarette substitutes you would like to use:

1 _____

2 _____

3 _____



When you have the urge to smoke:

- Delay
- Deep breathe
- Drink water
- Do something else



Successful quitters reward themselves. Buy something special for yourself or your baby with the money you save.

Step 6 Reward yourself!

List rewards you will spend your savings on:



- 1 _____
- 2 _____
- 3 _____

Smoke 1 pack a day? Quit and you may save up to \$1,300 a year.

Set a Quit Date!

I am ready to do this! I am going to quit smoking on:

Month Day Year

Your signature Today's date

After Your Baby Is Born

It is tempting to start smoking again after your baby is born. But staying quit is very important – for you and your baby. When you are smoke-free, your baby will have:

- Fewer coughs and colds.
- Fewer ear infections and may have less ear pain.
- Better lung development.
- Less risk of asthma triggered by secondhand smoke.
- A better start for healthier brain development.
- Less risk of dying from Sudden Infant Death Syndrome (SIDS).

When you are a non-smoker, you set a good example for your children. They will be less likely to start smoking as teenagers.



By not smoking, you help your baby breathe better and grow better.



Make it easier on yourself when you quit – ask others not to smoke around you.

Secondhand Smoke Facts

- Secondhand smoke is the smoke that comes from the burning end of a cigarette, pipe or cigar and the smoke that is puffed out by smokers.
- It affects the health of others around you.
- Secondhand smoke affects developing babies – even when their mothers do not smoke.
- It increases the risk of Sudden Infant Death Syndrome (SIDS).

Thirdhand Smoke Facts

- Thirdhand smoke is made up of the small particles and gases (nicotine) given off by cigarette smoke.
- 90% of these small particles and nicotine stick to floors, walls, clothing, carpeting, furniture and skin.

Nursing babies, crawling babies, toddlers and older children may get these particles on their hands and then put them in their mouths. Or they may absorb thirdhand smoke through their skin or by breathing it.

If You Start To Smoke Again

Don't feel bad. You can try to quit again!

Think about what caused you to start smoking again.

Make a plan for how you will deal with this and other difficult situations.

Ask for support from people who want to help you become a non-smoker. Keep their phone numbers with you, so you can call them when you need to.

You can also call the NC Tobacco Use Quitline and talk to a trained counselor. Call:

1-800-QUIT-NOW or 1-800-784-8669

8 a.m. – midnight, 7 days a week

English, Spanish and other languages

For youth and adults

(TTY: 1-877-777-6534)



You fail ONLY when you stop trying. Try again...



*Increase your chance of success.
Get help from your family, friends,
healthcare providers and trained
quit-smoking counselors.*

Resources

Places to call for help with quitting smoking, keeping your baby away from secondhand smoke and other parenting topics:

- N.C. Tobacco Use Quitline (1-800-QUIT-NOW or 1-800-784-8669)
- Your doctor or healthcare provider
- Your county public health department
- CARE-LINE 1-800-662-7030

Web sites for more information on quitting smoking:

- www.quitnownc.org
- www.smokefreefamilies.tobacco-cessation.org
- www.smokefree.gov

Before Quitting Checklist

- Make your quit-smoking plan.
- Set a quit date.
- Call the NC Tobacco Use Quitline (1-800-QUIT-NOW).
- Throw out all cigarettes, lighters and ashtrays.
- Put cigarette substitutes where you kept your cigarettes.
- Go over your reasons for quitting.
- List people who will support you and their phone numbers.
- Tell friends and family how they can help.
- Quit on your quit date.



*Some people say that quitting
feels like losing your best friend.
But think about what you have
to gain!*

I AM QUITTING
SMOKING FOR A
LITTLE REASON...



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My quit smoking date:

Month

Day

Year

My baby's due date:

Month

Day

Year