

Benefits of quitting smoking!

Not smoking when you are pregnant is one of the best things you can do for you and your baby. When you quit smoking, you help your baby:

- be born closer to due date
- have a normal weight when he is born
- be healthier and breathe easier
- have fewer colds, runny noses and painful earaches
- get a better start in life

You can save the money you would have spent on cigarettes and spend it on something for you or your baby.

REALITY CHECK - My plan to quit

1) SET A QUIT DATE.

I can do it! I will quit smoking on:

_____ MONTH DAY YEAR



2) KNOW WHY YOU WANT TO QUIT SMOKING.

I want to quit smoking because:

3) GET READY TO QUIT.

Know when and why you smoke. When you have the urge to smoke, do something else.

When do I smoke?

What I will do instead:

4) ASK FOR HELP.

These people can help me quit smoking:



They can help me by doing:

5) TRY NOT TO SMOKE AFTER THE BABY IS BORN.

Babies breathe fast and their lungs are small, so the poisons in the secondhand smoke are worse for them.

6) IF YOU SLIP... KEEP TRYING TO QUIT. DON'T GIVE UP!

Learn from each time you try to quit. Then, try again.

Remember, you are not alone!

Half of all smokers want to quit.
It's never too late to stop smoking.
But the sooner you quit, the better.

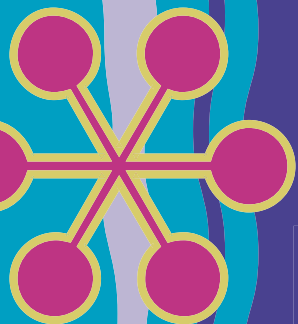


REALITY CHECK ~ SMOKING MATTERS

Texas

If you smoke and are pregnant, we hope our story can help you take steps to *QUIT SMOKING*.

check it out





You're getting so big!

When are you due?



In two weeks.

start here ▶

What's wrong?



I am so tired! Clay cried all night. I barely slept!

Yeah, you look tired and he seems cranky.

Oh your babies are getting so big! How old are they now?

They are both three months old, but Clay was born five weeks early.



Clay is smaller, even though they are the same age.



Ohhh Reuben, you're so cute!

Clay was a premie. Seems like he always has a cold and earache. He can be so fussy!

Well, what do you expect? You smoked when you were pregnant!



I never smoked!

I got rid of my cigarettes and quit cold turkey! Mama and the doctor helped me stop smoking.



I tried to stop. But it is hard to quit!

I quit smoking when I got pregnant.

It was for me too, but if I can quit, you can quit!



How did you quit?

The cigarettes tasted like burnt toast!

Eeeewww!

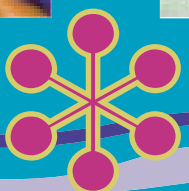
What did you do?



Eeeewww!

First I cut down. Then my cousin helped me make a plan to quit.

keep going ▶





We wrote down when I smoked. Then we wrote ideas for what I could do instead.



Like when you are stressed or with friends who smoke.

Yeah if I was stressed out. Instead of reaching for a cigarette,



I rubbed my hands together and counted to ten real slow.

Then I took ten deep breaths. It helped me relax.



I called my best friends for help. They would talk to me until the craving passed.



I know that craving comes from nicotine because it's an addictive drug.



So you have to get over the nicotine craving AND change your usual habits.

I had to quit hanging out with my friends that smoke, until I was sure that I got over craving cigarettes.

I quit for good my boyfriend told me to stop. He said smoking hurt our baby.



You need to choose a day to quit.



Reality Check

Smoking hurts your baby by making him/her more likely to:

- be born too soon or too small to be healthy
- die suddenly from Sudden Infant Death Syndrome (SIDS)
- have breathing problems and asthma
- have more behavior problems
- do poorly in school
- be a smoker when he or she grows up

Stay a non-smoker for life!

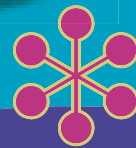
Quit smoking for the special reasons – for your baby, your family, friends and your future! Once you quit smoking, try to stay quit!

Who can help you quit smoking?

School Nurse
Friends
Boyfriend
Pastor

Health Department Nurse
School Counselor
Family Member
Parent

Your Doctor
Adult You Trust
A Former Smoker



Quitting smoking could save your baby's life!



1-800-367-2229
NC Family Health Resource Line
information and support within your reach

GREAT START
1-866-66-START

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When I wanted a cigarette, I washed my hands and painted my nails to keep my mind off smoking.



Sometimes, I held a straw and pretended to smoke or chew it.



I also drank water instead of smoking.



That helped me too.

Some people chew gum.

When the doctor told me smoking was bad for my baby.



I heard the baby's brain will grow better if you don't smoke.



That will make me think twice about ever picking up another cigarette!

Plus, secondhand smoke hurts all of us, especially babies!

I'm glad I quit!



Me too!

I don't want cigarettes to control my life. I want to make my own choices for me and my baby!

The doctor told me smoking when pregnant has made my baby get sicker.

Then make a plan and stick to it!



Can you help me come up with a way to quit?



We've got your back. Yeah we will help!

You'll be glad you quit!



Clay will start to feel better and you'll have more energy.

Let's use this worksheet and write down your ideas for how you can quit.



Get ready to decide what to do instead of smoking.



Let me see that!

Web Resources

- www.4girls.gov/
- www.helppregnant smokersquit.org/quit/benefits.asp
- www.ncnot.com
- www.quitnownc.org/iwant.htm
- www.tobaccorealityunfiltered.com
- www.smokefree.gov
- www.stepupnc.org
- www.americanlegacy.org/greatstart/
- www.cancer.org/docroot/PED/content/PED_10_7_Committing_To_Quit.asp

Your own worksheet is on the back