REALITY CHECK~SMOKING MATTERS

Teens

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

check it out

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.

produced by
NORTH CAROLINA Healthy Start FOUNDATION
www.nchealthystart.org

Photography
Laurence Lynn Photography
Raleigh

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.

start here

You're getting so big!

When are you due?

In two weeks.

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 preemie. 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 quit smoking when I got pregnant.

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!

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

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

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

GREAT START
1-866-66-START

This material is funded by the N.C. Departm
Women's and Children's Health Section, and

75,000 copies of this public document were

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.

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!

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.helppregnantsmokersquit.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 ▶

ent of Health and Human Services, Division of Public Health -
d the Health and Wellness Trust Fund Commission of North Carolina.

e printed at a cost of $3,962 or $.052 each 4/04

NORTH CAROLINA Healthy Start FOUNDATION
www.nchealthystart.org