

*Are you pregnant or thinking about it?*

Take the first steps towards a...

**SMOKE-FREE**

**Beginning!**

A Booklet for Moms on Smoking,  
Second-Hand Smoke, and Quitting.



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## Introduction

When you decide to quit smoking or to avoid second-hand smoke you are making a healthy choice. Your health and your baby's health are the best reasons in the world to be smoke-free!

Knowing all the facts will help you to quit smoking and eliminate your exposure to second-hand smoke (also known as environmental tobacco smoke). This booklet will explain what smoking and second-hand smoke do to you, your baby, and your health. It will also give you information and resources you will need to be smoke-free!

*Let's take the first step!*

**FACT**

*Women who smoke may have trouble getting pregnant.  
Men who smoke are more likely to have fertility problems and impotence.*



# Smoking and Second-Hand Smoke



Smoking and second-hand smoke can affect the health of you and your baby. It may affect the outcome of the pregnancy.

Chemicals in a cigarette pass from the mother to the baby. Did you know that a cigarette contains over 4,000 chemicals?. Two of these chemicals in a cigarette are carbon monoxide (this also comes from the tail pipe of a car) and nicotine. Exposure to smoke and these chemicals causes the oxygen level in your blood to fall. *You need enough oxygen in your blood for your body to work properly and for your baby to grow properly.*

## What can happen to pregnant mom

- Breakthrough bleeding;
- Miscarriage;
- Placental abnormalities;
- Complications and problems during labour and delivery.

## What can happen to the unborn baby

- Preterm labour and delivery (before 37 weeks);
- Low birth weight (under 5.5 pounds or 2500 grams);
- Stillbirth;
- Problems with the lungs, heart, and the digestive and central nervous system.

**FACT**

*65% of newborn deaths are related to low birth-weight.*



### What can happen to mom

#### **Smoking increases the risk of**

- Cancers such as lung, cervix, mouth, blood, bladder, stomach, kidney and pancreas;
- Cardiovascular problems such as angina, heart attack and stroke (especially for women using hormonal birth control);
- Respiratory problems;
- Digestive problems such as ulcers and Crohn's Disease.

#### **Second-hand smoke increases the risk of**

- Some forms of cancer, heart disease and respiratory symptoms.

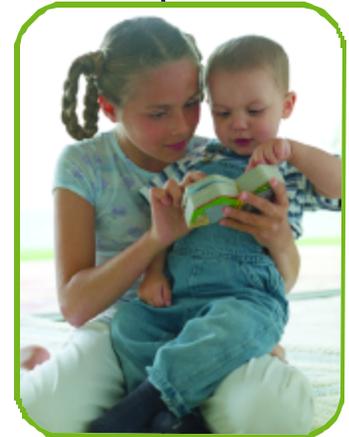
### What can happen to babies and children

#### **Exposure to second-hand smoke increases the risk of**

- Sudden Infant Death Syndrome (SIDS);
- Allergies;
- Ear infections;
- Difficulty breathing, bronchitis, pneumonia and asthma.

#### **Also, exposure to second-hand smoke:**

- May affect a child's physical growth, development and behaviour;
- Doubles the likelihood that a child will smoke.



## FACT

*Babies that are born too small have a higher risk of infections, illness and death during birth and infancy.*

# Creating a Smoke-Free Environment



1. Encourage smokers to make a plan to quit.
2. Ask family members, friends and co-workers not to smoke around you or your baby.
3. Make your home smoke-free. Ask visitors to smoke outside.
4. Make your car smoke-free.
5. Avoid places where people smoke.
6. Limit visits to homes where people smoke. Invite them to visit you at your smoke-free home.
7. Ask smokers to wash their hands before holding the baby.
8. Choose a childcare provider with a smoke-free home.



## FACT

*When parents smoke, the child's risk of developing asthma increases by 200-400%!*

**Mini  
Activity**

Many of your family members and friends may be smokers.  
Plan to avoid exposure to second-hand smoke by doing this activity.

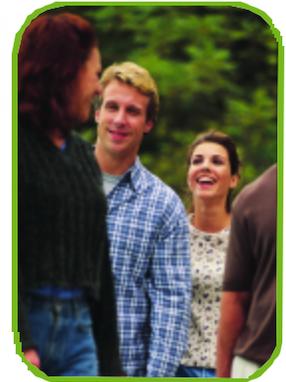


How will you ask them not to smoke around you and your baby?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are some places you will avoid to limit exposure to second-hand smoke?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**FACT**

*Although only 3 in 10 people report being exposed to second-hand smoke, yet 9 in 10 people have detectable levels in their bodies.*

# The Truth About Smoking and Second-Hand Smoke



<b>MYTH</b> (Untrue statements)	<b>TRUTH</b>
There's nothing wrong with having a smaller baby.	Smaller babies often have more health problems.
Quitting is dangerous and stressful for my baby.	Quitting gives your baby a better chance of being healthy.
I'll gain too much weight if I quit.	The average weight gained after quitting smoking is 5-7 pounds. You can lose this weight by healthy eating, exercising and breastfeeding your baby.
Light or mild cigarettes are safer.	A smoker can get the same or higher levels of chemicals in light or mild cigarettes as in regular cigarettes.
I know other women who smoked while they were pregnant and their babies were just fine.	Smoking and second-hand smoke increase your chances of having an unhealthy baby.

## MYTH

(Untrue statements)

## TRUTH

Because babies are so small they don't breathe in as much second-hand smoke.	Babies breathe in more second-hand smoke because they breathe much faster than adults.
I should not breastfeed if I smoke.	Although chemicals from smoking or second-hand smoke are found in breast milk, breast milk is still the best food for babies (see pg. 36 for more tips on breastfeeding).
If I open a window my baby will be protected from second-hand smoke.	Tobacco chemicals are still present even when windows are opened, fans are used or smoking is limited to just one room.
It will be easier for me to quit after the baby is born.	Quitting at any time is hard. The earlier you quit, the better for you and your baby.

## FACT

*If you are at a healthy weight before pregnancy, plan to gain 25-35 pounds.*





## Benefits of Quitting

Being pregnant may have given you an extra reason to think about quitting smoking. Check off the benefits that are the most important to you.

### A healthier mom -

- After 24 hours my risk of a heart attack goes down.
- After 48 hours my sense of smell and taste improve.
- After 72 hours my lung capacity will increase.
- After 2 weeks my coughing, congestion, shortness of breath and tiredness will be reduced.
- After 1 year my risk of heart disease will decrease by 50%.
- After 10 years my risk of dying from lung cancer will be cut in half.
- After 10-15 years my risk of dying from a heart attack will be equal to a person who never smoked.



**Plus -**

- I'll have more money to do the things I love to do.
- I'll have more energy to do the things I love to do.
- I'll look and feel younger since smoking causes wrinkling and premature aging.
- Add I won't have yellow teeth or fingers any more.
- I'll be setting a great example for children and other smokers.
- I'll feel proud and believe in my ability to overcome challenges.



**Are there any other benefits of quitting that you can think of?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**FACT**

*Smoking or breathing in second-hand smoke decreases the amount of nutrients your body takes in. This can affect your health and your baby's growth.*

# Are You Ready?



You will go through different stages when quitting smoking. What stage are you at?

**STAGE 1: Not Ready to Quit Yet**

**STAGE 2: Thinking About Quitting**

**STAGE 3: Getting Ready to Quit**

**STAGE 4: Quitting**

**STAGE 5: Staying Smoke-Free**

**Quitting is a process. It takes time. Don't quit quitting!**



## Stage 1: Not Ready to Quit Yet



At this stage **you** may not be thinking about quitting but others may be encouraging or pressuring you to quit. This is because they want what is best for you and your baby.

According to Health Canada, if you smoke or are exposed to second-hand smoke, your pregnancy is considered high risk

**Think about your reasons for smoking.** Smoking can be a habit or an addiction, or both. You may smoke because it keeps you going, helps you to relax, or helps you deal with stress. You may also smoke because it's part of your routine or because it is something you share with others.

Think about the ways smoking affects both you and your baby. You may feel healthy now but research shows that smoking causes health problems that may not show up for years.



**FACT**

How much does smoking cost you every year?

$$\underline{\hspace{2cm}} \text{ \# of packages you } \times \underline{\hspace{2cm}} \text{ price of a package of cigarettes } \times 52 \text{ weeks} = \$ \underline{\hspace{2cm}}$$



## Moving Toward Thinking About Quitting

On a scale of 1 to 10 how much do you want to quit?

1	2	3	4	5	6	7	8	9	10
Not at all								I really want to	

On a scale of 1 to 10 how much do you believe you can quit?

1	2	3	4	5	6	7	8	9	10
Not at all								I know I can	

**What can you do to move to the next number on each scale?**

Wanting to quit:

Believing you can quit:

1.

1.

2.

2.

**FACT**

When you smoke you have a higher risk of having a baby that weighs less than 5 ½ pounds. Babies who weigh less than 5 ½ pounds have an increased risk of infections, illness and death during birth and infancy.

## Stage 2: Thinking About Quitting



At this stage you start to think about the risks of smoking and the benefits of quitting.

Use the activity on the next page to help you understand some of the reasons why you smoke. You will also be able to identify what makes it hard to quit. Think about the pros and cons of smoking and quitting. You may discover you have more good reasons to quit than to continue smoking.

Most people who quit smoking try many times before becoming non-smokers. If you have tried to quit before, try again. Each time you try to stop smoking, your chances of quitting get better. Learn from each time you have tried to quit and keep trying!



### FACT

*Quitting smoking takes time. It's a process and every time you try to quit, you get closer to quitting for good.*

**Activity**



<b>What I like about smoking:</b>	<b>What I don't like about smoking:</b>
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<b>What I don't like about the idea of quitting:</b>	<b>What I like about the idea of quitting:</b>
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

**Now ask yourself these questions:**

1. Which lists are longer?
2. What healthy things can you do to replace what you like about smoking?
3. What can you do to make quitting more positive?

## Stage 3: Getting Ready to Quit

Congratulations on deciding to quit smoking!

### What's next?

- Learn what makes you want to smoke.
- Know your triggers and how to handle them.
- Sign a 'Quit Contract'.
- Change your daily routines.
- Practise quitting.
- Get support.
- Plan to reward yourself.
- Learn about and plan to deal with withdrawal symptoms.
- Deal with stress.
- Choose the quit method that are right for you.
- Review your quit day checklist.



# What Makes You Want to Smoke?



If you are like most smokers, smoking is probably something you do without really thinking about it. You may smoke automatically when you do certain activities, feel a certain way, or are with other smokers.

Learning how to break the connection between smoking and your triggers is an important part of quitting. Think about when you might experience your triggers and have a plan to deal with them.

You can learn about your triggers by doing the "What Makes You Want to Smoke?" activity.



## FACT

*Many of the skills you have used to deal with challenges in the past will also help you to quit smoking.*

**Tear out the few next pages and put it in a convenient place so that you can keep track of when you smoke.**



# What Makes You Want to Smoke?

DAY 1						DAY 2					
# of Cigarettes	Time	Place	With Whom	Mood (G/B/?)	Need (1-5)	# of Cigarettes	Time	Place	With Whom	Mood (G/B/?)	Need (1-5)
1						1					
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					
9						9					
10						10					
11						11					
12						12					
13						13					
14						14					
15						15					

Fill out the chart for at least **one weekday** and **one weekend day**.

For the column "**Mood**", put:

- G** - If your mood was good or happy before you smoked
- B** - If you were in a bad mood, angry or sad before you smoked
- ?** - If you're not sure how you felt before you smoked

For the column marked "**Need**", put in a number between 1 and 5 where:

- 1** = I could have done without this cigarette
- 5** = I really had to have this cigarette

DAY 3						DAY 4					
# of Cigarettes	Time	Place	With Whom	Mood (0-10)	Need (1-5)	# of Cigarettes	Time	Place	With Whom	Mood (0-10)	Need (1-5)
1						1					
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					
9						9					
10						10					
11						11					
12						12					
13						13					
14						14					
15						15					

*When the chart is complete, use it to answer these questions:*

- › About how much do you smoke each day?
- › What time of day do you usually smoke?
- › When do you have your first cigarette?
- › Where do you smoke the most?
- › Do you smoke around certain people?
- › Do you feel a certain way before, during or after you smoke?
- › How many times did you smoke, even when you didn't have a strong need to?



## Know Your Triggers and How to Handle Them

Now that you have completed the "What Makes You Want to Smoke?" activity you have a better idea of what your triggers are (people, places, activities, moods). Having a plan to deal with your triggers is an important step in the quitting process. Keep in mind, your triggers are the same things that might make you want to smoke once you quit.

My triggers:	My plan to deal with triggers:

# QUIT CONTRACT

Once you have gone through all of the topics in the "Preparing to Quit" section of the booklet fill out this quit smoking contract and keep it with you.

I know that quitting smoking is the single best thing I can do for my health and for the health of my baby. For this reason,

I, \_\_\_\_\_ am committed to stop smoking on,

Print Your Name

\_\_\_\_\_ **QUIT DATE** (Choose a date)  
Month Day Year

**On this day, and each day after** I will not smoke and will do whatever it takes to keep this promise to myself.

I have good reasons for making this decision. The reasons I quit smoking are:

***For myself:***

- 1.
- 2.
- 3.

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witnessed by

\_\_\_\_\_  
Date





## Change Your Daily Routines

For many smokers, there are certain times during the day when they almost always have a cigarette. Think about your daily routines and times when you are most likely to want to smoke. These are the daily routines that will be the most important to change.



**Make a list of when you normally smoke and how you can change some of these routines.**

I normally smoke when:	Things I can do instead:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



*Changing just a couple of your smoking routines can give you the control and motivation to quit for good.*

## Practise Quitting

You can also practise quitting by using the 4 D's - Delay, Distract Yourself, Drink Water, Deep Breathe, before your actual quit date.

**DELAY** -Try to delay smoking for 5 minutes. By this time your craving may have passed.

**DISTRACT YOURSELF** - To resist the urge to smoke, try to avoid situations that may tempt you. When the situation or routine cannot be changed, it is important to have a list of things you can do instead

### How can you distract yourself?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**DRINK WATER** - A cold glass of water can help to you get through your craving.

**DEEP BREATHE** - Practice taking long deep breaths to help you stay focused and relaxed.

### Here are some things you can do instead of smoking:

- Draw or doodle;
- Write to a friend;
- Tweeze your eyebrows;
- Brush your teeth;
- Chew sugarless gum;
- Eat raw vegetables or fresh fruit;
- Start a new project.





## Get Support

Getting support from those around you can make a real difference when it comes to quitting. You can get support from:

- Family;
- Friends;
- Co-workers;
- Agencies and health professionals that provide information on quitting;
- Going to places where smoking is not permitted.



Tell family and friends about your plans to quit smoking. This will probably increase the amount of support you receive and make it harder to change your mind. Ask for their support and let them know what specific things they can do to help. For example, ask for patience and encouragement.

**Who can you rely on for support?**

**NAME**

**PHONE #**

	NAME	PHONE #
1.		
2.		
3.		
4.		
5.		



# Plan to Reward Yourself



Plan to celebrate and reward yourself for each day, week and month you go without cigarettes.

**You might choose to reward yourself by:**

- Sleeping in;
- Taking a long bubble bath or shower;
- Shopping;
- Getting a massage;
- Going out for dinner or to the movies;
- Visiting a friend.



Remember how much money you found out you would save by quitting. You may want to consider putting this money aside to treat yourself.

<b>When I ...</b> (Decide what you need to do to get the reward.)	<b>Then I will reward myself by:</b> (List what your reward will be.)	<b>When:</b> (When will you be eligible for the reward.)

# Withdrawal Symptoms and Coping With Them

Knowing and planning ahead for possible withdrawal symptoms is another step in the process of preparing to quit. The first 3 - 4 days after quitting are likely to be the most difficult because the symptoms will be the most intense. These symptoms usually go away **7 - 10 days** after quitting. Let your family and friends know that these symptoms are a part of quitting.

<b>If you experience:</b>	<b>Try doing this:</b>
• Irritability, frustration, or anxiety	• Breathe deeply, be easy on yourself, take a break from whatever it is you're doing;
• Difficulty concentrating and restlessness	• Work in short bursts; take breaks by going for a brisk walk; avoid caffeine;
• Difficulty sleeping	• Take naps during the day, be more physically active, avoid caffeine;
• Hunger	• Stock your refrigerator with ready to eat vegetables and fruits;
• Increased coughing	• Use cough drops or sip warm tea;
• Headaches, tingling and dizziness	• Get some fresh air and move your arms and legs; sit when you feel dizzy;
• Feeling down	• Call a person you can count on for support. Do something fun with a friend.

Prepare to cope with these first few days after quitting by using positive coping strategies.

**I will plan to deal with my symptoms by:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Deal With Stress



Many people smoke when they feel stressed. Quitting smoking takes away one of the ways you may have coped in the past. Quitting can also be an additional stress. Now you will need to learn other ways to cope with your stress.

**To do this**, think about a common situation when you have felt really stressed.  
**What was happening? Where you were? Who you were with? What you were feeling?**

**Other than smoking, how else did you deal with these situations?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

It takes time and practice to learn new coping skills.

*Tips to deal with everyday stress:*

- **Share your problems with someone you trust;**
- **Be realistic about what you can do;**
- **Prioritize the things you have to do and plan your time accordingly;**
- **Learn to say "No";**
- **Make time for yourself and do something you really enjoy;**
- **Think positively and keep your sense of humour;**
- **Exercise regularly. It can reduce stress and help you to sleep better.**



# Choose the Quit Methods That Are Right For You

It is important to use the methods that work best for you: self-help, individual or group counselling, just quitting, cutting back, and nicotine replacement therapy (patch, chewing pieces/gum, and inhaler).

## Some people just quit

Some smokers decide to quit all at once. To quit all at once means you set a quit date and from that day on you do not smoke. To quit all at once, you will need to be prepared to deal with your triggers, cravings and withdrawal symptoms. Consider using self-help and counselling resources (on page 38) to help you to stay smoke-free.

## Some people cut back gradually

Cutting back gradually means smoking less as you get closer to your quit date. Cutting back allows you to add gradually deal with the challenges of quitting. delete a few at a time instead of all at once. It also gives you the chance to feel what it will be like when you quit for good. This may help to increase your confidence that you can really quit. Here are a few ways that can help you to cut back:

- **Wait five minutes before having the cigarette.**
- **Carry fewer cigarettes with you each day.**
- **Smoke only half of each cigarette.**
- **Eliminate the three cigarettes that you crave most during the day.**
- **Change the brand you smoke.**

Be aware that you may subconsciously make up for the cigarettes you don't smoke by changing the way you smoke. Make sure you do not take more puffs and/or inhale more deeply to get the same amount of nicotine as before.



# Choose the Quit Methods That Are Right For You

## Self-help and counselling

There are a number of self-help and counselling resources that can help you quit smoking e.g. websites, telephone call lines, counselling organizations. These resources work best if you use them with other quit methods. Check out page 38 for more information on resources available to you.

## Some people use nicotine replacement therapies

Although there is no safe dose of nicotine during pregnancy, the Ontario Medical Association (1999) says that nicotine replacement therapies are safer than smoking for a pregnant mom and her baby.

There are two benefits to using nicotine replacement therapy:

- You get less nicotine than in a cigarette.
- You do not get 4000+ chemicals going into your body and your baby's body.

If you cannot quit using other methods, consider using the patch, chewing pieces/gum, or a nicotine inhaler. Make sure to speak with your doctor and use the products as directed.





## Before Quitting Checklist

- Review your smoking triggers and the ways you plan to deal with them (page 21).
- Choose a quit date when you think you will be most likely to quit smoking successfully.  
Set your quit date and sign a quit contract (page 22).
- Change your daily routines that remind you of smoking (page 23).
- Identify ways you will use to distract yourself (page 24).
- Review the people who will support you, and have their phone numbers handy (page 25).
- Review your reward plan (page 26).
- Review possible withdrawal symptoms and how you will deal with them (page 27).
- Review ways you will deal with stress (page 28).
- Choose the quit method that's right for you (page 29-30).
- Plan your quit day (page 32).



*Throw out all cigarettes, ashtrays, lighters and other items that remind you of smoking.*

## Stage 4: Quitting - My Quit Day Plan

You may feel nervous before your quit date.

Remind yourself that you are well prepared and that you have what it takes to succeed.

*Plan* what you are going to do on the first day you quit. Make the image of a “healthier, smoke-free” you the first thing that you think of in the morning and the last thing that you think of before you go to sleep.

To help you get through your quit day, plan the things you are going to do.



**QUIT DATE:**

My morning plans: \_\_\_\_\_

My afternoon plans: \_\_\_\_\_

My evening plans: \_\_\_\_\_

**Remember**, cravings come in waves and only last a few minutes. Most of your symptoms will go away within 10 days. Remember you will feel stronger and more confident after each craving you resist. Remember to use the 4 D's (Delay, Distract, Drink water and Deep Breathe) to help you deal with your cravings.

## Stage 5: Staying Smoke-Free

CONGRATULATIONS!



**Quitting smoking is probably one of the hardest things you will ever do.**

While you're quitting, try to stay positive and focused on the end result - a healthier baby and a healthier, happier you!

Every day for the next month remember to:

- Read over your quit contract to remind yourself of your reasons for becoming a non-smoker;
- Replace negative thoughts with positive thoughts such as  
"This feeling will go away in a few minutes,"  
"I'm prepared and have what it takes to quit," or  
"My symptoms are signs that my body is healing;"
- Remind yourself to feel proud for getting through each craving and each day;
- Reward yourself and celebrate the changes that you have made;
- Promise not to test yourself with 'just one.'



## Dealing With Slips

Even though you're trying to be a non-smoker you may feel tempted to smoke. Try not to let those temptations take control. Taking even a couple of puffs can increase the chance that you will want another puff.

*If you do slip, use it as a learning experience.*

1. Stay positive. Don't criticize yourself and get discouraged;
2. Remind yourself that a slip is not a failure;
3. Understand why the slip happened;
4. Remind yourself of how far you have come in becoming a non-smoker;
5. Throw out cigarettes;
6. Plan how you will deal with similar situations in the future;
7. Ask for help. Talk to someone from your support list or use other available resources;
8. Renew your commitment to quitting;
9. Remember to reward yourself for all of the cigarettes you haven't smoked.



Identify the people, places, activities and moods that continue to tempt you to smoke. Plan something else you can do instead of smoking to deal with each one.

**I am still tempted to smoke when:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Instead I will:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**FACT**

*If you try to quit and slip, don't give up. You fail ONLY when you stop trying.*

## After the Baby is Born



Many women feel like they want to start smoking after the baby is born. You have a lot to be proud of and have been able to resist the temptation to smoke in many very difficult situations. Remember the risks related to smoking for you and the risks of second-hand smoke for your baby (page 5). Remind yourself what the first few weeks of quitting were like. It is a lot easier to stay smoke-free now than it was those first few weeks.

You may feel tired, tied to the baby, cut off from the world and unable to keep up the routines that helped you to quit smoking while you were pregnant.

**Here are some tips to help you stay smoke-free through the stress of having a new baby:**

- Continue to reward yourself for staying smoke-free;
- Let family and friends know that you are still committed to maintaining a smoke-free environment;
- Ask for help and identify specific ways people can help;
- Sleep when the baby sleeps or ask family or friends if they can watch the baby while you sleep;
- Don't expect that you will be able to do all of the things around the house that you did before;
- Give yourself some "me time" by spending some time doing something for yourself;
- Meet other new moms. Call the Windsor-Essex County Health Unit to learn about groups and activities where you can meet other new moms;
- Try using any of the resources listed on page 38.

**FACT**

*Babies whose mothers smoke are at an increased risk of having colic.*

# Breastfeeding



If you have quit, know that staying quit is best for you and your baby.

If you haven't quit yet you may be wondering, *"is it safe to breastfeed if I smoke?"* **Yes it is!**

**WHY?** Studies have shown that breastfed babies are healthier than formula fed babies, even when the breast milk contains chemicals from smoke.

Here are some helpful ways you can reduce the effects of smoke on your baby:

- **Smoke outside. This will reduce exposure to second-hand smoke.**
- **Smoke less. Studies have shown that women who smoke fewer cigarettes per day have healthier babies.**
- **Smoke after you breastfeed...**  
It takes about 95 minutes for half of the nicotine to be eliminated from your body.
- **Smoking just before you breastfeed can also slow down how quickly your milk flows from your breast.**
- **Ask your doctor about nicotine replacement therapy. This will decrease the amount of chemicals in your body.**

**Remember breast is best!**



**FACT**

*Smoking can decrease the amount of milk you produce by up to 30%!*

# One Last Thought

If you would like more information on quitting smoking, nutrition during and after pregnancy and breastfeeding contact the Windsor-Essex County Health Unit at 258-2146 ext. 1350.

**MESSAGE BOARD**

- Questions I need answers to
- Who I want to contact
- What I want to do now

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**Being smoke-free may be one of the hardest things you will do.  
But remember why you are doing it...because you love yourself and your baby.**

# Resources For More Help



Great Start	<a href="http://www.americanlegacy.org/greatstart">www.americanlegacy.org/greatstart</a>
Health Canada	<a href="http://www.gosmokefree.ca">www.gosmokefree.ca</a>
Motherisk Helpline	1-877-327-4636
Pregnets	<a href="http://www.pregnets.org">www.pregnets.org</a>
Quit Smoke Now	<a href="http://www.quitsmokenow.org">www.quitsmokenow.org</a>
Sandwich Community Health Centre	253-3402
Smart Start for Babies	519-646-2961
Smokers' Helpline	1-877-513-5333
Teen Health Centre	253-8481
The Stop Smoking Centre	<a href="http://www.stopsmokingcenter.net">www.stopsmokingcenter.net</a>
The Lung Association	<a href="http://www.on.lung.ca/nosmoking">www.on.lung.ca/nosmoking</a>



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Adapted in part from Building Healthy Babies in Chatham-Kent and Chatham-Kent and Chatham-Kent Public Health Unit (2005) *Be Smoke-Free: A Booklet for Mom's on Smoking, Second-Hand Smoke and Quitting*.

