

Stay Smoke-free

Be Positive and Keep on Track

Congratulations!

You quit smoking when you found out you were pregnant. You should feel proud. Every cigarette you don't smoke benefits you and your baby.

If you've been smoke-free for more than 7 days, you are well on your way to becoming a non-smoker. Even if you are still cutting down, enjoy your success. Reward yourself for your hard work.

There are still some things to watch out for...and we want to help you stay on track.

Reward Yourself

Think of all the good you have done for yourself and your baby. Don't wait—reward yourself now. Go for a walk with a non-smoking friend, buy fresh flowers, or have your nails done. Choose something that makes you feel good. Use the money you are *not* spending on cigarettes.

Avoid ETS

Tobacco smoke from *other* people's cigarettes—called environmental tobacco smoke (ETS)—can still hurt you and your baby. Also, by keeping away from others who are smoking, you can avoid the temptation to smoke.



If You Slip, Get Back on Track

What if you smoke a cigarette? Don't worry. Nobody is perfect. It doesn't mean you are a smoker again. Figure out why you smoked, make a new plan and get back on track.

Quick Tips

- Leave the room when others are smoking.
- If your partner is a smoker, ask them to quit with you.
- Ask other smokers to smoke outside.
- Place "no smoking" signs in your home.
- Hang around with non-smokers.

Quitting smoking isn't easy. If you don't succeed at first, try again.

You don't have to do it alone. We can help you and your family to become smoke-free.

If you or any of your family members would like **FREE** help to quit or cut back on smoking, call the Partnership for Smoke-Free Families Helpline (toll-free) at: **1-800-662-8887**.

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Tips for Staying *Smoke-free*

At first, not smoking was new and exciting. Perhaps you got lots of attention and your motivation was high. As time goes by, you may need extra support to resist the temptation to smoke.

Here are some tips to help you stay on track.

Be Prepared to Be Tempted

Unexpected urges to smoke can come when you are in a situation where you used to smoke. *Plan ahead* for what you will do in situations like these:

SITUATION ONE: You meet some old friends you haven't seen for a while. You used to smoke together.

PLAN: You can tell your old friends you've quit. They should be glad for you.

SITUATION TWO: You have a bad day and you remember that smoking once helped you cope.

PLAN: But did it really? Cigarettes won't change your luck. Go for a walk, instead.

SITUATION THREE: You remember that sometimes you enjoyed a cigarette and wonder what "just one" would taste like now.

PLAN: Instead, think about the ones that didn't taste good.



Think of a situation that might be hard for you. Now think of a plan for how you will stay smoke-free. Write down both below.

Situation: _____

 Plan: _____

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New Ways to Cope

Remember, you are a non-smoker. You can handle stress and cope in new ways. Think of the good things in your life such as your growing baby. Talk with a supportive friend. Reward yourself for your success.

HALT Your Desire

HALT your desire to smoke. Plan ahead and keep yourself from feeling too **Hungry, Angry, Lonely** or **Tired.**

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Staying Smoke-free after *Your Baby is Born*



I quit smoking cigarettes months ago when I first found out I was pregnant. Why do I have to think about staying smoke-free after my baby is born?

You may be planning to stay smoke-free after your baby is born or you may not be sure. You've already learned to handle many situations without smoking. But the birth of a baby is a time of change; bringing new joys, and also new challenges. Ask yourself the questions on this page. Thinking about the answers may give you some tips for staying quit or may help you to decide what to do.

How have I been able to give up cigarettes?

If you believe the only reason you've been able to give up cigarettes is the baby, think again. The baby probably has increased your motivation. But you are the one who made different choices and changed your behavior.

Do cigarettes still look good to me?

You've broken the hold that cigarettes have on your body, but do cigarettes still have control over your thinking? If you think cigarettes help when you're stressed out and are a way of taking a break, then they can still tempt you. Instead, think "I deserve a break and don't need anything to justify it." Then take that break and do something you really enjoy.

Do I feel good as a non-smoking pregnant woman?

Every cigarette you have not smoked while pregnant has improved your baby's life. Be proud. Some women say that during pregnancy they receive the support of family, friends, and strangers for being such a good person. Fewer people seem to care if a mother of young children smokes. But remember, every cigarette you don't smoke in the future helps you and your family.

What do I know about secondhand smoke?

Often women are motivated to quit smoking during pregnancy because they know how bad it is for their unborn baby. To keep your motivation high after the baby is born, it may help to know that children exposed to smoke have more ear infections, more allergies and asthma, suffer from sudden infant death syndrome (SIDS) more often, and have trouble with school work.

How can I make sure my needs get met?

As a mom it is easy to get caught up with the needs of the baby and leave no time for you. This can lead to resentment and bad feelings when you don't get what you need. These negative feelings can strain relationships and put you at higher risk to smoke again.

Your basic needs for food, rest, friendship, and fun are important. To make sure they aren't forgotten, plan ahead and ask for support from people around you.

Use the worksheet on the other side of this page to help you.

PSF Smokers' Helpline

1-800-NO-BUTTS or 1-800-662-8887

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Planning for Support after *Your Baby is Born*

As a new mom it's easy to get caught up with the needs of your baby and forget to take care of yourself. Making sure your own needs are met is very important but can be very difficult when you are busy.

Use this worksheet to plan ahead for things you might need help with and to choose people who might be willing to help out.



Getting Help with the House

<p>Is there someone who can: _____</p> <p>Bring meals to my home in the first week?</p> <p>Help with the housecleaning?</p> <p>Pick up groceries?</p>	<p>_____ Name & Phone _____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Getting Help with the Children

<p>Is there someone who can: _____</p> <p>Watch my older children once a week?</p> <p>Be trusted with my new baby while I nap or run an errand?</p> <p>Drive my other children to activities or school?</p>	<p>_____ Name & Phone _____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Taking care of Myself

How will I make sure I get the rest I need?

What friends/family can I call when I want some contact with other adults?

What can I do that is fun?

Staying Quit for *Good*

Congratulations!

You did it! You stopped smoking during your pregnancy. It probably wasn't easy. Now that your baby is here, you may be thinking about whether you should stay quit.

Remember, every cigarette you didn't smoke while pregnant improved your baby's life. And every cigarette you don't smoke in the future helps you and your children. Here are some of the ways that not smoking will benefit you and your baby:

- ◆ Healthier breast milk
- ◆ Less chance of Sudden Infant Death Syndrome (SIDS).
- ◆ Fewer coughs and colds for you and your child.
- ◆ Less risk of your child having allergies, asthma, or other lung problems.
- ◆ Greater chance your child will do well in school.

Other Smokers in Your Home

Your partner, other relatives, or friends may be smokers. Smoke from other people's cigarettes can hurt your baby. Other smokers may also be a constant reminder or temptation for you to smoke. For your baby's health, ask other smokers not to smoke in your home. You can tell them you have quit and ask for their support.

If You Slip, Get Back on Track

What happens if you do smoke a cigarette? Don't worry. Nobody is perfect. It doesn't mean you are a smoker again. Try to figure out what made you want to smoke, then get back on track.

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The Four "D"s

As you are feeling better after delivery, your urges for a cigarette may increase. You are more likely to have urges or cravings when you are in a situation where you used to smoke. When you get an urge to smoke, try the four *D*s.

Do Something Else

- ◆ Munch on healthy snacks—like carrots or celery.
- ◆ Do something physical—walk with your baby.
- ◆ Read a magazine or book.
- ◆ Remember how quitting helps your baby.
- ◆ Sing to your baby/listen to music.
- ◆ Call a supportive friend.

Drink Water

Drinking water may distract you and will keep your hands and mouth busy.



Delay

If you wait a few minutes, the craving for a cigarette will pass.



Deep Breathe

Take five deep breaths and relax for a few minutes.

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