

I AM QUITTING SMOKING FOR A LITTLE REASON...

My quit smoking date:

____/____/____

My baby's due date:

____/____/____



This workbook has been adapted by Natasha Rawiri RM, Bay of Plenty District Health Board, with permission from the North Carolina Healthy Start Foundation. It is based on a publication distributed by the North Carolina Division of Public Health

Bay of Plenty District Health Board

Take the First Steps For Your Baby



If You Smoke and Are Pregnant

Or are thinking about getting pregnant

Use this Self-Help Guide to Quit

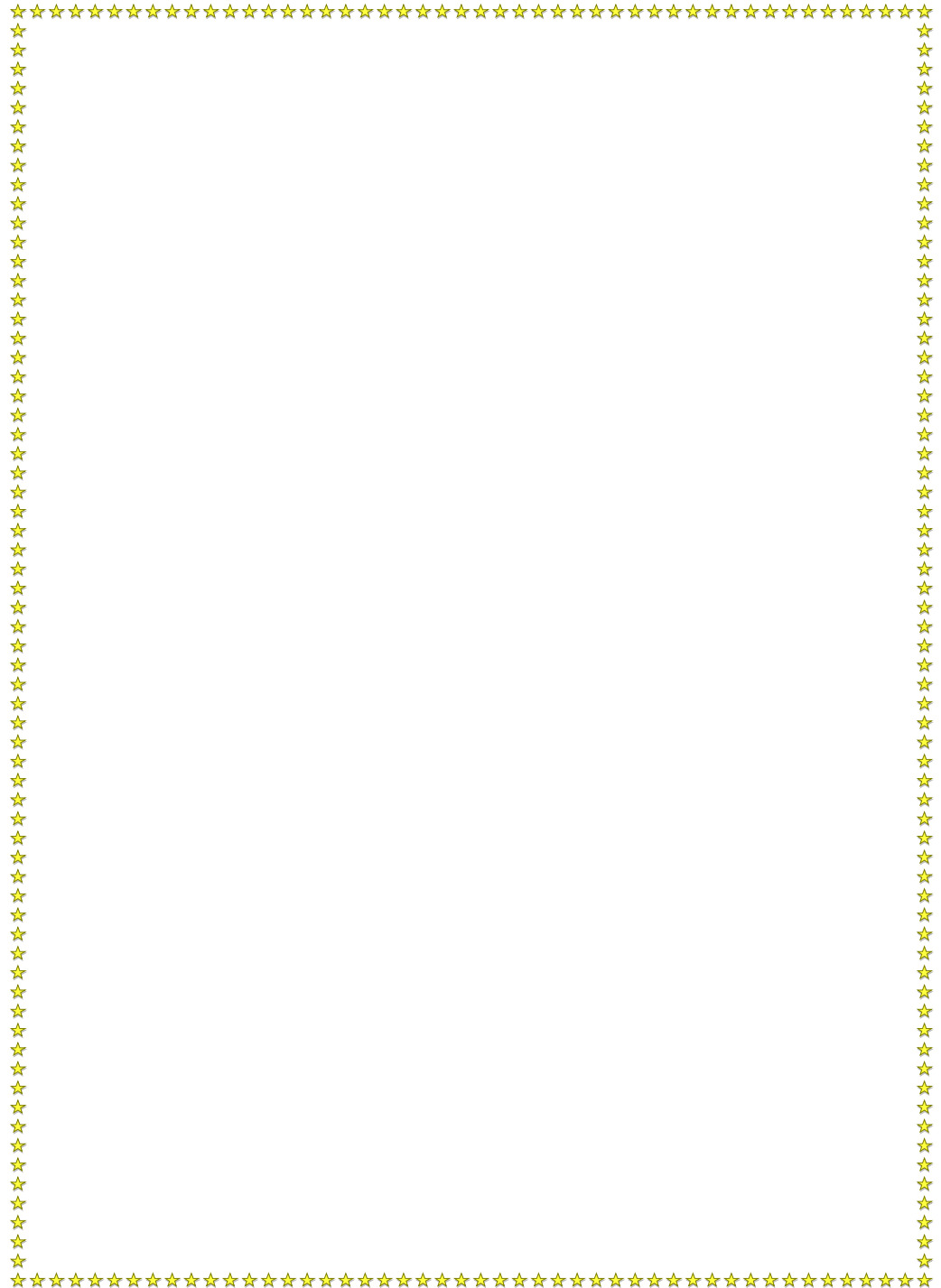
Most Smokers Want To Quit

You already know your smoking is harmful to you and others around you. This includes your growing baby if you are pregnant.

Quitting smoking is the best gift you can give to yourself and the ones you care about the most...



***Lets Get Started.
It's never too late to Quit***



My Journey to Quit

This space is for you to write down your thoughts, feelings, successes or set backs that you have had on your journey to Quit.

Risks to Baby and Mother

- * Increases the chances of miscarriage
- * More chances of health problems in the last 3 months of pregnancy
- * Higher chance of baby being born too early
- * Baby will more likely be born small and more likely to have ongoing health problems
- * Baby may get withdrawal symptoms when born, baby will cry a lot and be hard to settle

When you smoke, poisons are being passed through to your baby...

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
- Some people say they have withdrawal symptoms - others do not. Everyone is different
- Cravings for cigarettes last only 3-5 minutes and occur much less after the first 7-10 days
- Quitting may be easier if you get extra support from family and friends

*When you quit smoking,
you lower the chances
of your baby being born
too early*



My Quitting Checklist

- Make your quit smoking plan
- Set a quit date
- Call Quitline for extra support
- Throw out all cigarettes, lighters and ashtrays
- List the names and phone numbers of people who can support you
- Tell friends and family how they can help you
- Go over your reasons for quitting
- Quit on your 'quit date'

*Some people say that quitting
feels like losing your best
friend...*



*...But think about what you
have to gain.*

**Try again, even if you have tried to
Quit before**

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



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 your-
self, 'What happened?' '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.

"I'm Going to Quit"

1. What are your reasons for quitting smoking?

List your reasons for quitting:

A _____

B _____

C _____

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 _____

3. Create a support system: Here are some ways to ask friends and family to help you quit smoking;

* *If I'm stressed, please tell me to take deep breaths.*

* *Sometimes I might say I want a cigarette, but I don't really mean it, will you help me to quit?*

* *Can I count on you to distract me when I get a craving?*

Who supports you? List a few people you will turn to for support while you quit?

A _____

B _____

C _____

Any chemicals you take during pregnancy can put your baby at risk

- ♦ **E-Cigarettes:** these have some of the same harmful health effects as cigarettes for developing babies and infants
- ♦ **Marijuana:** babies exposed to marijuana can have problems with feeding and may have delayed mental and physical development
- ♦ **Herbal remedies:** are untested and not shown to be safe during pregnancy or an effective way to quit smoking

Patches, Lozenges or Gum?

You can use nicotine patches, lozenges or gum when you are pregnant. These will help ease the cravings and are much safer than smoking. You can get them and find out how to use them from your midwife or by calling Quitline. You will get a "quitcard" to take to the chemist, each product will cost you only \$5 for up to 2 months worth.

Quitline offers

- * Support to quit
- * Patches, lozenges or gum
- * Lots of ideas to help you to quit

Phone 0800 778 778

www.quit.org.nz

Or talk to your midwife or health professional about Quit support in your community

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.

You fail ONLY when you stop trying.

4. Change your habits

If you smoke when you	Try doing this instead
• Drink Coffee -----	• Drink hot chocolate
• Finish a meal -----	• Get up, do the dishes, take a walk, or go to another room
• Watch TV -----	• Do something else with your hands like draw, play cards, do a puzzle or make something for baby
• 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 _____

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

5. Use Cigarette Substitutes

For your Mouth:

Fresh Fruit
Chewing Gum
Straw or Toothpicks
Raw Vegetables
Nuts with Shells
Sugar-Free Candy

For your Hands:

Knit, sew, or string beads
Play with a rubber band
Hold a pen or pencil
Draw a picture
Squeeze a rubber ball
Do a crossword or 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*

Third-Hand Smoke Facts

Third-hand smoke is made up of the small particles, gases, and chemicals (nicotine) given off by cigarette smoke.

- * 90% of these small particles, gases, and nicotine stick to floors, walls, clothing, carpeting, furniture, car upholstery, baby car seats, hair and skin.

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



Possible Withdrawal Symptoms

- ◆ **Cough**— Coughing means that cigarette tars are being cleared out of your lungs
- ◆ **Strong Urge to Smoke**— Your body is withdrawing from nicotine, a highly addictive drug. You also need time to change habits and learn how to handle situations that make you want to smoke
- ◆ **Nervousness and Tension**— Withdrawal from nicotine can cause you to feel different emotions. This will get better 1-2 weeks after quitting. Drink lots of water in the first few days to help flush the nicotine from your system
- ◆ **Lack of Concentration or Dizziness**— The brain gets more oxygen instead of poisonous carbon monoxide after you quit. Your brain also releases less adrenaline. These are both healthier for you
- ◆ **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

After 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
- ◆ Better lung development
- ◆ Less risk of asthma triggered by second-hand smoke
- ◆ A better start for healthier brain development
- ◆ Less risk of dying from Sudden Unexpected Death in Infants (SUDI)

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

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