Steps to Help You Quit Smoking:

How Other Moms Have Quit

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Before You Start

Why should I quit smoking?

If you quit smoking while you're pregnant, your baby will be healthier.

If you smoke while you're pregnant your baby may be born too early.

I've tried to quit smoking before. Why should I try again?

It's hard to quit smoking. Most ex-smokers tried many times to quit. That's why they made it - they didn't give up!

Now that you're pregnant, you have another good reason to quit.

Each time you try to quit, you have a better chance to quit forever. If you have tried before, try again!

What will happen when I quit smoking?

The First Few Days

- The nicotine will be out of your body in 3 to 5 days. This is the hardest part, but it won't last very long. It will get easier.
- Your craving for a cigarette will only last a few minutes.
- Use "Your Plan to Quit Smoking" on the next few pages.

The First Two Weeks

- You will crave cigarettes less.
- Some people have withdrawal symptoms.

Three Weeks After You Quit

- You will start to breathe easier.
- You will crave cigarettes even less.
- Your sense of smell and of taste will come back.

Three or More Weeks After You Quit

- Ex-smokers don't always gain weight. About a third of ex-smokers lose weight, a third stay the same, and a third gain an average of five pounds.

I'm ready to quit! What now?

Most moms who quit had a plan to help them quit. You can use the next few pages to make your own plan. Write down your answers, and look at them often.

Your Plan . . . to Quit Smoking

Having a plan is the most important thing you can do to help you quit smoking. Use these pages to make your own plan.

Why I want to quit smoking.

You probably have some reasons why you want to quit smoking. What are they? Write these down:

_____

_____

_____

Here are some examples:

I want my baby to be healthy.

I'm sick of the way my clothes and hair smell.

It's expensive.

Where I smoke and when I smoke. . .

Think about where and when you smoke. Write these down:

_____

_____

_____

Here are some examples:

I smoke when I finish eating a meal.

I smoke when I'm on the phone.

I smoke when I'm driving or waiting for the bus.

Everyday habits I can change, so I won't want to smoke.

Look at what you just wrote down. Where and when you smoke are "everyday habits." If you change these, it will be easier for you to quit. What are some changes you can make? Write these down:

_____

_____

_____

_____

Here are some examples:

I smoke when I finish eating a meal.
Instead of smoking after I eat, I'll get up and brush my teeth.

I smoke when I watch T.V.
Instead, I'll keep my hands busy. I'll floss my teeth or knit or crochet.

I smoke when I get upset or stressed-out.
Instead, I'll sit down and take really deep breaths to relax, or take a time-out and go for a walk. I'll take a warm bath. I'll punch a pillow.

I smoke when I'm with other people who smoke.
I'll spend time with friends who don't smoke. I'll join a quit-smoking group to make new friends. I won't go to places where people smoke.

I smoke when I'm constipated.
I'll eat fresh or dried fruit and drink 6 to 8 glasses of water every day.

I smoke so I won't eat.
I'll buy myself a sports bottle with a straw. I'll fill it with water and drink a lot so I won't feel hungry. I'll keep it with me at home, in the car and at work.

I smoke when I drink coffee.
I'll drink tea, hot water, hot chocolate or a coffee substitute. Or I'll sit in a different chair when I drink my morning coffee.

I smoke when I drink alcohol.
My baby will be healthier if I don't drink alcohol.

I smoke when I'm bored.
I'll keep busy. I'll start a new hobby or I'll exercise.

I smoke when I'm at the laundromat.
I'll chew gum or read. I'll go for a walk.

Things I can use in place of cigarettes.

Other moms who quit used cigarette substitutes. These help you through a cigarette craving. Write down some things you can use:

_____

_____

_____

Here are some examples of cigarette substitutes for your mouth:

I'll chew different flavors of gum.

I'll chew or suck on a plastic coffee straw.

I'll suck on a cinnamon stick or hard candy.

I'll crack the shells and eat sunflower seeds.

Here are some examples of cigarette substitutes for your hands:

I'll play with a pen or pencil and doodle.

I'll squeeze a rubber ball.

I'll play computer games with my kids.

I'll hit a box of raisins against my hand like a cigarette pack.

Keep these cigarette substitutes in places you smoke. If you're not sure where to keep them, look at what you wrote on page 3.

What I can do with the money I save.

If you smoke a pack a day, you probably spend about a $1000 a year! Put the money you don't spend on cigarettes in a safe place, like a jar or an old coffee can. Write down what you will buy:

_____

_____

_____

Here are some examples:

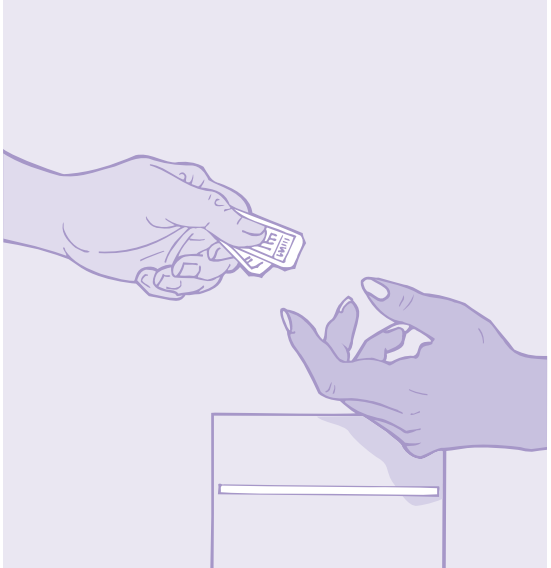
I'll get my hair cut or get my nails done.

I'll start a savings account.

I'll hire a babysitter and go out with friends who don't smoke.

I'll buy some new clothes for the baby.

I'll go on a vacation.



A lot of people I know are smokers. . .

It will be easier for you to quit if you are around people who don't smoke. Find a stop-smoking group or spend time with friends who don't smoke. Who are some of these people? Write down their names:

What do I say if someone offers me a cigarette?

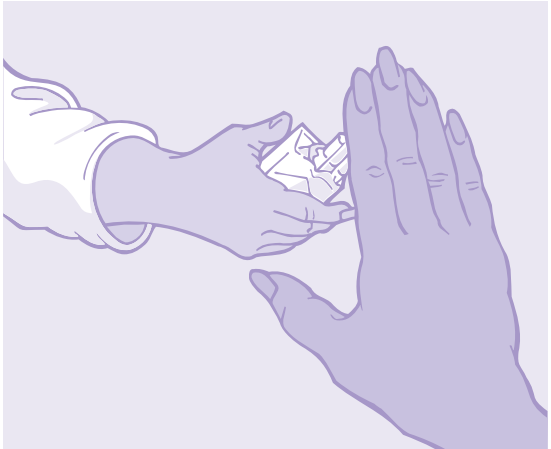
Some people won't want you to quit. They might offer you a cigarette, or make fun of you because you want to quit. What are some things you can say when this happens? Write these down:

Here are some examples:

No thanks, my doctor has told me that smoking is bad for my baby.

I can't smoke just one - I'm afraid I'll start smoking again.

No thanks, I don't want to start smoking again!



What do I say to my friends and family when I quit smoking?

Most of them will help you if you tell them how. What are some things you can say to people so they can help you? Write these down:

_____

_____

_____

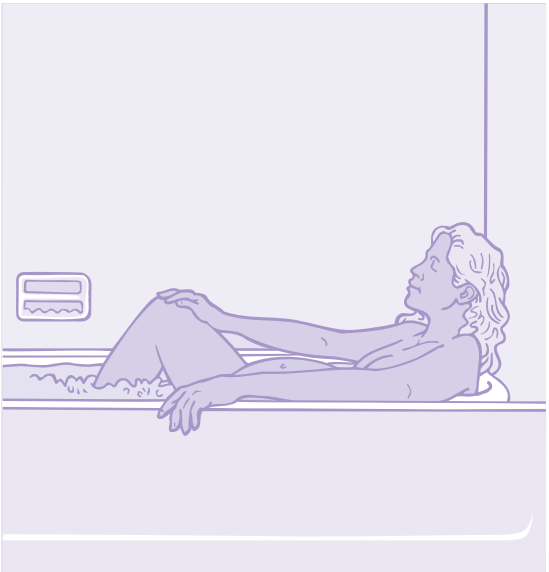
Here are some examples:

If I seem stressed-out, please remind me to take deep breaths.

Sometimes, when I'm upset, I might need a big hug.

It would really help me if you smoke outside.

Sometimes I might say I want a cigarette, but I don't really mean it.



What I will do on my quit day.

Most moms who quit say it was easier to quit because they picked a day ahead of time. This is called your "quit day." Think about what you will do on your quit day. Write these down:

_____

_____

_____

Here are some examples:

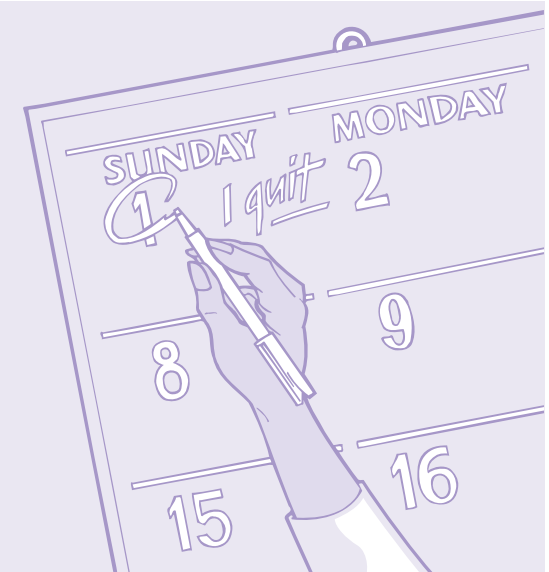
I'll throw all my cigarettes into a messy garbage can.

I'll put cigarette substitutes in all the places I smoke.

I'll talk to my friends and family and tell them how they can help.

Now you're ready to quit! Pick a day in the next two weeks.

My quit day is: _____



My quit day checklist.

Get ready for your quit day by checking off the items below. When all the items are checked, you're ready to quit!

- ☐ Look at why you want to quit smoking (page 3).
- ☐ Remember where you smoke and when you smoke (page 3).
- ☐ Look at the everyday habits you will change so you won't want to smoke (page 4).
- ☐ Put your cigarette substitutes in places where you smoke, so you can use them when you get a cigarette craving (page 6).
- ☐ Look at what you will do with the money you save (page 7).
- ☐ Think about people who will help you quit smoking (page 8).
- ☐ Practice what you will say if someone offers you a cigarette (page 8).
- ☐ Talk to your friends and family about how they can help (page 9).

After You Quit

What about withdrawal symptoms?

Some people go through withdrawal symptoms when they quit. This means your body is getting healthy again. Most symptoms last less than three weeks. **These are some you may have:**

I'm starting to gain weight!
Eat healthy, low-fat foods like fruits and vegetables and low-fat dairy. Try new kinds of foods. Exercise a little bit every day.

I feel really nervous and tense.
Learn new ways to relax. Take a time-out. Take deep breaths.

I'm coughing and have a sore throat.
Tell yourself this is good, that you are getting healthy again. Use something to make your throat feel better, like hard candy or ice.

My arms and legs feel numb, or are tingling.
This is a sign your body is getting better. It will go away soon.

I really, really want a cigarette and I feel like I just can't stop myself!
Use your cigarette substitutes to make it through a craving.

How can I stay quit?

It will help you if you notice the good things that happen after you quit smoking. **Here are some things you might notice:**

I'm feeling healthier and I can breathe better. I have more energy.

I have money to do some of the things I want to do.

I feel good about myself because I did something good for me.

I didn't think about a cigarette for a half hour.

Why should I stay quit after my baby is born?

If you smoke after your baby is born, your baby may get sick a lot. Babies who grow up around smoke have more ear infections and colds. They are more likely to smoke when they get older.

Babies who grow up around healthy parents will be healthy, too.

I started smoking again. What should I do now?

If you didn't smoke for a little while, give yourself credit for trying! Remember, each time you try to quit, you have a better chance to quit forever. Don't give up! Throw away your cigarettes and try again.

To find a stop-smoking class in your area, call the Healthy Mothers/Healthy Babies Hotline: 1-800-322-2588

If you are a heavy smoker and have not been able to quit or cut down, ask your doctor about a nicotine patch or nicotine chewing gum.

Acknowledgments

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