

A pregnant woman with long brown hair, wearing sunglasses, a light grey hoodie, black leggings, and black sneakers, stands on a large, reddish-brown rock formation. She is smiling and holding her belly. In the background, there is a calm lake, a dense forest of green trees, and rolling hills under a clear blue sky with a few wispy clouds. The overall scene is bright and sunny.

Smoke-Free Mom & Me

Support Book



Getting Started

The purpose of this book is to provide you with information and support that will help you smoke less, quit smoking or stay smoke-free for your health and the health of your family.

Only you know what is best for you!

Let's take it one step at a time.



Thinking About Quitting?

Which statement best describes your current tobacco use?

- ☐ I have never used any type of tobacco product.
- ☐ I stopped using tobacco before I found out I was pregnant and I am not using it now.
- ☐ I stopped using tobacco after I found out I was pregnant and I am not using it now.
- ☐ I use tobacco sometimes now, but I cut down since I found out I was pregnant.
- ☐ I use tobacco regularly now, about the same amount as before I found out I was pregnant.

Does anyone use tobacco or tobacco-like products in your home or in your vehicle?

- ☐ Yes ☐ No

“ We will do together what I cannot do alone.”

– Unknown

Benefits of Quitting for You

For A Healthier You!

You will lessen your risk of heart disease, stroke and cancer

You will cough less and are less likely to have lung problems

Your hair, clothes and breath will smell better

Your skin will improve and you may have fewer wrinkles

You will feel more rested, relaxed and energetic

You will feel proud of your ability to quit

There are so many benefits
to quitting smoking.

You have a lot to look forward to.

Benefits of Quitting for Baby

Quitting smoking is the best thing you can do to improve your health and give your baby a healthy start.

When you smoke, the toxic chemicals in the cigarette smoke may reach your baby and affect their growth and development.

Quitting when you are pregnant means:

Your baby will get more oxygen and nutrients

You have a lower risk of miscarriage

There is a lower risk of your baby having birth defects

You have a lower risk of premature birth

Your baby will be more likely to have a normal birth weight

Your baby may cry less

There is a lower risk of infant death

There is a lower risk of SIDS (Sudden Infant Death Syndrome)

Your baby may have fewer colds, coughs or ear infections

Your child will be less likely to have behavioural problems later on



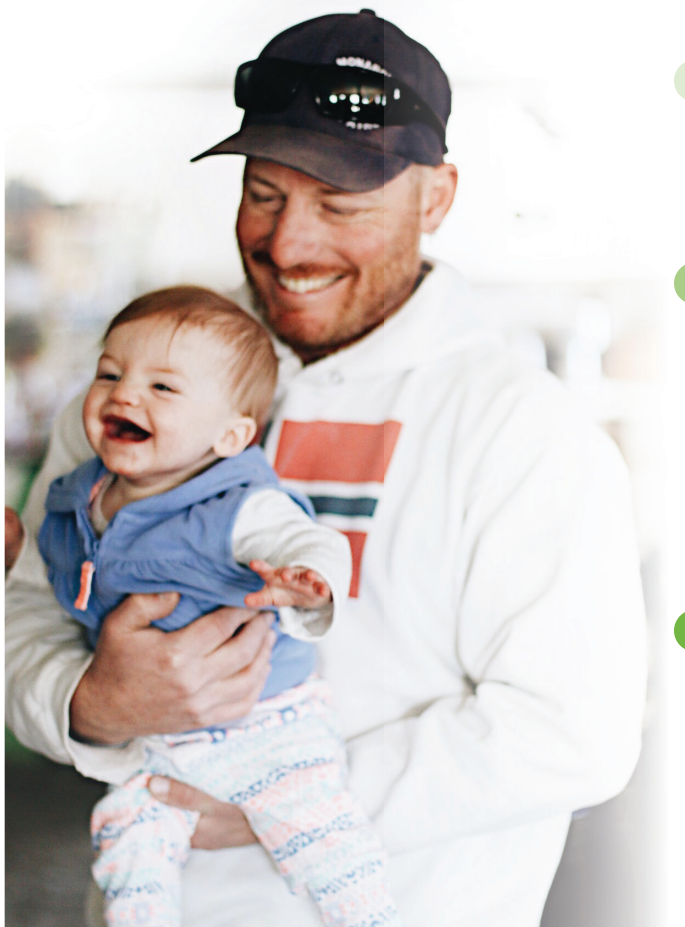
Second-Hand & Third-Hand Smoke

Exposure to **second-hand smoke** (exhaled smoke and the smoke from a burning cigarette) and **third-hand smoke** (smoke particles that build up over time on clothes, hair, skin, toys, dust, carpet and furniture) **is harmful to everyone!**

It is especially harmful to babies and children and is a risk for Sudden Infant Death Syndrome (SIDS).

- Ask people not to smoke around you
- Ask people who smoke to wash their hands and change their clothes before holding/cuddling your baby
- Avoid smoking around the baby

Follow these steps to make your home and car smoke-free:



Get Ready

- Talk with family members about the benefits of having a smoke-free home and car

Get Set

- Remove ashtrays from inside your home and car
- Wash clothing, bedding, floors, walls and toys
- If you smoke, plan to smoke outside
- Think about how you will ask others to smoke outside

Go Smoke-Free

- Post a smoke-free sign or decal on your home or car door/window
- Thank your friends and family for helping to keep your home and car smoke-free



The Facts

There are many myths about quitting smoking during pregnancy. It is important to know the facts.

Match the following myths with the facts:

Myth

1. It's too stressful to quit smoking during pregnancy
2. Quitting now won't make any difference
3. I smoked during my other pregnancy and my baby was fine
4. I'll gain even more weight if I quit
5. Quitting cold turkey is dangerous to my baby
6. Smaller babies are easier to deliver

Fact

- a. There are many benefits to quitting. Quitting is always best for you and your baby
- b. Everyone feels stress from time to time. There are ways to cope without smoking
- c. Quitting at any time has health benefits for both mom and baby
- d. Pain during delivery can happen no matter what size your baby is. Smaller babies may have more health problems
- e. Having a plan to eat healthy and exercise will help with weight gain
- f. While your baby may be born healthy, smoking increases the risk of health problems

Answers 1-b, 2-c, 3-f, 4-e, 5-a, 6-d



Breastfeeding

Breastfeeding is Important for You and Your Baby

Even if you smoke, breastfeeding is still the healthiest choice. Smoking affects breastfeeding. Nicotine from cigarettes passes into breastmilk. It may reduce your milk supply and lower the fat content. You can lessen the amount of nicotine that passes into your breastmilk by reducing smoking as much as possible.

Here are some tips:

- Wash your hands before feeding your baby
- Never smoke while breastfeeding
- Smoke after breastfeeding rather than before
- Cut down by smoking after every second breastfeeding, then every third and so on
- Change your clothes after smoking
- Avoid smoking around the baby

For more information visit:
www.babyfriendlynl.ca
www.motherisk.org/women/contactUs.jsp

Quitting Makes Cents!

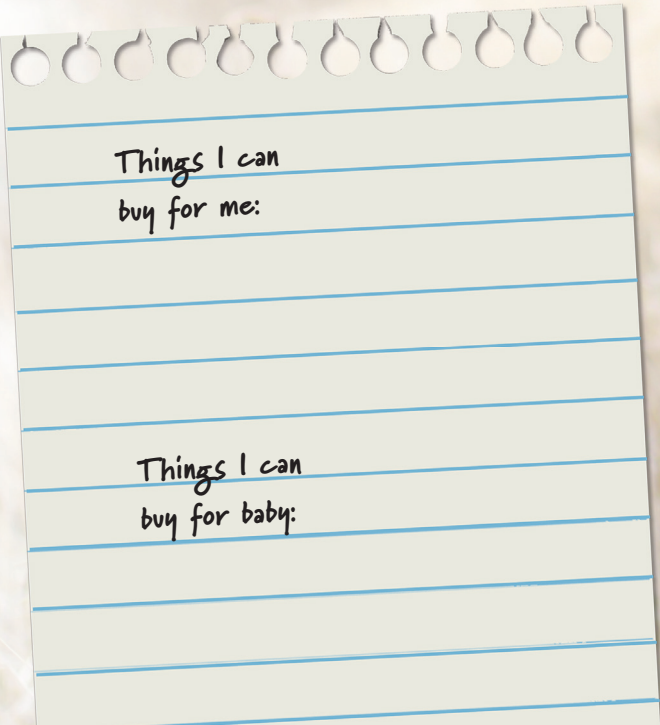
When you quit or reduce smoking you will have more money to spend on yourself and your family.

The cost of smoking per day is easy to calculate!

Number of cigarettes I smoke every day: ____
Divided by
Number of cigarettes in the whole package: ____
Multiplied by
Cost of the pack: \$____

I spend \$____ every day on cigarettes.

Multiply by 30 to see how much you spend in a month: \$____
Multiply by 365 to see how much you spend in a year: \$____



What Happens When I Quit?

30 minutes after your last cigarette

Your blood pressure, pulse
and temperature of your hands
and feet become normal

12 hours later

The oxygen level in your blood
returns to normal

48 hours later

Your ability to smell and
taste improves

72 hours later

You can breathe easier

1 week later

Nicotine is flushed from your body

2 weeks later

Your blood flow and lung
function improve and walking
becomes easier

1 month later

You will cough less, have
less sinus congestion and
less shortness of breath

2 years later

Your risk of heart attack
drops to that of a person
who has never smoked

5 years later

Your risk of lung cancer decreases
to half that of a person who smokes.
Your risk of stroke is reduced to
that of a non-smoker

10 years later

Your risk of many cancers
has decreased

20 years later

Your risk of dying from
smoking-related causes is similar
to a person who has never smoked

“My interest is in the future because I’m going to spend the rest of my life there.”

– Charles F. Kettering

Finding My Own Reasons To Quit

When I think about quitting I feel

Let’s explore the positives and negatives of
quitting or reducing your smoking.

What I like about quitting:

What I don’t like about quitting:

My 3 reasons to quit or reduce smoking are:

1.

2.

3.





My Quit Plan

You may notice some changes when you first quit. This is normal and means that your body is starting to heal.

Smoking is a strong physical and psychological addiction to nicotine (a drug that affects the central nervous system and alters brain function). This is what makes you feel good when you smoke.

Withdrawal symptoms come when you don't get a regular dose of nicotine. It is important to remember that withdrawal is temporary.

Some common withdrawal symptoms are:

- Cravings
- Feeling irritable
- Tiredness
- Trouble sleeping
- Coughing
- Dizziness
- Difficulty concentrating
- Feeling hungry

My Quit Plan

Circle some of the things you think would help you get through the cravings:

- Drink water
- Try deep breathing
- Do something you enjoy
- Make your home and your car smoke free
- Delay your next cigarette. Try waiting a few minutes
- Try a new activity
- Get active. Go for a walk.
- Try having some sugar free candy or gum
- Make sure you get enough sleep
- Eat healthy snacks such as vegetables or fruit
- Remind yourself of your reasons for quitting

Add some of your own tips:

Quit Smoking Products

If you have tried quitting on your own and you are finding it too hard, talk to your health care provider about the benefits or risks of using a quit smoking product (such as nicotine gum, patch, lozenge) or medications during pregnancy and which option may work for you.

Are you covered? You may be able to receive coverage of some of these quit smoking products if you are registered under the Newfoundland and Labrador Prescription Drug Program. The program covers most of the costs for these products. You will need to visit your health care provider to discuss if these products are right for you and if so, you will need to get a prescription.

My Quit Plan

Triggers are the situations or feelings that make you want to smoke. Some common triggers are feeling stress, being around others who smoke, when taking a break, with a coffee, after meals or talking on the phone.

What are some of your triggers to smoke?

My triggers: _____

My strategies: _____

Keep track of how much and when you smoke (e.g. use a journal or your cell phone). Here is an example of how to track your daily smoking...

Cigarette Number	Time of Day	What I'm Doing	How I'm Feeling
1 (first one today)	7:30 am	Drinking Coffee	Hurried

Planning will help you get through these moments without smoking.

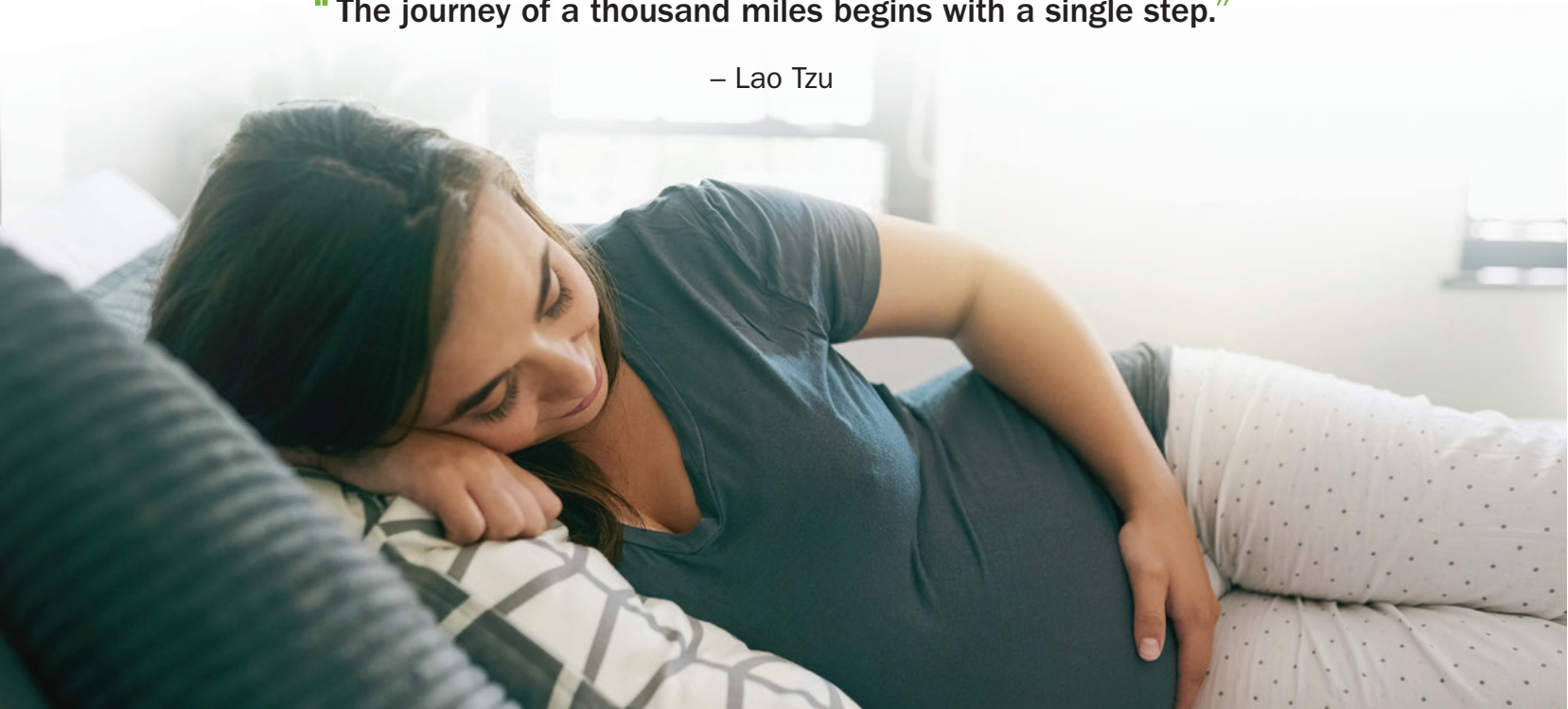
My Quit Plan

If you “slip” (have one cigarette or just a few) it does not mean that you have failed.

- 1. Think about which of your triggers may cause a slip.
- 2. If you do have a cigarette, try quitting again as soon as you can.
- 3. Adjust your plan and think about what you might do differently next time.

Next Time I Plan to Handle the Situation By:

“The journey of a thousand miles begins with a single step.”
– Lao Tzu



Managing Stress

I'm stressed out!!

Many people who smoke say they smoke to relieve stress or they smoke more when they are feeling stress. Did you know that smoking does not actually relieve stress? In fact, it may even cause more tension and anxiety.

Stress is a part of life. There is no way to avoid stress completely, but we CAN change how we work through stressful events and emotions.

There is no one right way to work through stress.

Instead of smoking I will...

- ☐ Go for a walk
- ☐ Take a break
- ☐ Watch a movie
- ☐ Listen to music
- ☐ Write in a journal
- ☐ Call or text a friend
- ☐ Make time for me
- ☐ Ask for help

What might work for you?



After My Baby Arrives

Staying Smoke-Free

Many women may start smoking again after having a baby. Some reasons for this may be:

- Lots of changes happening in your life
- If you quit for the baby and not for yourself
- The stress of caring for a new baby
- Needing more support at home
- Your partner, friends or family are smoking

Think about the reasons you might start smoking again after your baby is born and make a plan here:

My Smoke-Free Plan:

My Supports



Make a list of who you think can be a good support to you and how they might be able to help (e.g. Health Care Provider, family members, friends):

Who?	How?

My Resource Mother/Parent Support Worker is:

I can reach her by: _____

She can support me by: _____

My Supports



Newfoundland & Labrador Lung Association Smokers' Helpline

The Helpline offers information and confidential support to help you create your own personalized quit plan. When you connect with the Helpline, they will make sure you know about all of the different programs and services that are available. You can choose the type of support you feel would be best for you. You'll feel better prepared and more confident in moving forward on your Quit Journey.

Some of the common topics covered by the Helpline include: handling cravings and withdrawal symptoms, triggers, cutting back, setting small goals, and quit-smoking products/medications. There's no pressure to quit right away.

There are many ways you can get in touch.

Phone 1-800-363-5864 (or the # on your cigarette pack) to speak with a Smokers' Helpline coach. If you would like, you may also receive follow-up calls for extra support.

Text 709-700-7002 to ask a question or to check in. You may register for the Helpline's Text Program which sends daily texts (up to 12 weeks) with quit tips to help you get motivated and stay on track.

Email shl@nf.lung.ca
The Helpline's Email Program provides supportive messages with links to online resources.

Online www.smokershelp.net
Connect with online quit-smoking information, interactive tools/quizzes and the Helpline's social media links.

Group Program Connect with the Helpline to find out if there is a quit-smoking group program in your area. Group meetings are led by a trained leader and provide an encouraging environment to develop your own quit plan.

My Supports

Health Care Provider

- Family Doctor
- Nurse Practitioner
- Public Health Nurse

The Provincial Smoking Cessation Program for Individuals with Low Income

This program provides some coverage for quit smoking medications and nicotine replacement products (nicotine patch) for individuals who are eligible under the Newfoundland and Labrador Prescription Drug Program (NLPDP). You will need to visit your health care provider to discuss if these products are right for you. **For information call:** 1-800-363-5864

Expecting to Quit Online Discussion

www.facebook.com/expectingtoquit.ca

Pregnets Online Discussion for Moms & Moms To Be

www.pregnets.org



Reference List

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Government of Newfoundland and Labrador. (2010). Making Your Home and Car SMOKE-FREE.

Newfoundland and Labrador Smokers’ Helpline. (2018). www.smokershelp.net

Government of Newfoundland and Labrador. (2011). Helping Women Quit: A guide for non-cessation workers.

Notes

Get the support you need to live smoke-free:

Talk to your Resource Mother or Health Care Provider

Connect with the NL Smokers' Helpline

Call 1-800-363-5864

Text 709-700-7002

www.smokershelp.net

