

Quitting Smoking During Pregnancy- You Can Do It!

Why quit smoking in pregnancy?

- ✓ Increase the amount of blood flow and oxygen to your baby
- ✓ Improve baby's lung health and development
- ✓ Allow more oxygen to get to your baby's developing brain
- ✓ Lessen the risk of preterm delivery
- ✓ Makes it more likely to be born a healthy size
- ✓ Decreases the chance of your baby needing to be admitted to the NICU

Come up with your quit plan

1. Choose a strategy for quitting

- Cold Turkey
- Slow and steady

2. Set a quit date

- Choose a date within the next 2 weeks: _____
- Make sure that your friends, family and health care provider know the date
- Prepare for the day: get rid of all cigarettes, lighters, ashtrays and other reminders of smoking at home, at work and in your car

3. Focus on your strengths

- Who can you call on for support while quitting?

- What do you think of as the important benefits of quitting for your baby:

- How do you think that quitting will benefit you personally (more money, better sense of smell, etc)?

4. Anticipate your struggles

- Where: are there certain places that trigger you to want a cigarette?

- When: are there times/occasions when you are most likely to want a cigarette? _____
- Stress- What are the main sources of stress in your life:

What do you do to cope with stress in your life:

- Withdrawal symptoms: While not everyone experiences these symptoms of quitting smoking, some temporary side effects can include: irritability, anxiety, headaches, insomnia, poor concentration, increased appetite, constipation. What are your biggest concerns?

5. Think about coping strategies to deal with stress and cravings (check all that you might try)

- Stay busy- organize the baby's room, take up an art project, take a class, read a book
- Chew Gum
- Do something that you enjoy every day- be in nature, take a bath, have a cup of tea
- Stay active- get out for a walk, go swimming, take a yoga class
- Be around other moms and expecting parents
- Stay positive- come up with a mantra you can tell yourself when times are hard (i.e- "I can do this", "my baby will thank me later", "I'm giving my baby more oxygen")
- Distract yourself- Call a friend, play a game, read a book, cook a meal, pick up an art project
- Use an app- Quit4baby (free text messaging programming for pregnant women who are quitting smoking)
- Use deep breathing exercise- see attached sheet
- Other ideas: _____

6. Know your resources

- Tobacco Free Humboldt (707) 268-2132- local support groups and resources
- SmokeFreeWomen : <http://women.smokefree.gov/pregnancy-motherhood.aspx>
- Quit4baby (free text messaging programming for pregnant women who are quitting smoking)
- No Butts- <https://www.nobutts.org/pregnant> or call 1-800-NO-BUTTS (access a one-on-one with a trained telephone counselor and receive a free packet of materials explaining the nuts and bolts of quitting)
- Become an Ex- <http://www.becomeanex.org>

7. Check in regularly

- Discuss your progress, struggles and experiences with us at each prenatal visit. We are here to support you without judgment!