



TIPS & INFORMATION FOR QUITTING



SMOKING

AND YOUR BABY

Using This Booklet



First, choose the stage that fits you and read it.



Then, turn to Get Ready to Quit for the next step.

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How Smoking Affects Getting Pregnant

If you smoke, you've probably heard that it is bad for your health. You may also be aware that smoking causes heart disease, lung cancer, breast cancer, other cancers and emphysema. Smoking also ages your skin, discolors your teeth and gives you bad breath.

But did you know that women who smoke are more than twice as likely to have problems getting pregnant? Smokers also have many more miscarriages than non-smokers. If you smoke, you are twice as likely to have a pregnancy that attaches outside your uterus. These types of pregnancies (ectopic or tubal pregnancies) can be very harmful to women.

smoking is very harmful to all women, but especially women who are pregnant



It is ideal to plan ahead, before you become pregnant. This offers the best chance of having a healthy pregnancy and a healthy baby. There are changes you can make before becoming pregnant.

- Eat a balanced diet
- Give up smoking
- Stop drinking alcohol
- Begin taking folic acid (a B vitamin that can prevent some birth defects)

If you could become pregnant or are thinking about getting pregnant, you should see a doctor, who will test to see if any problems are possible. Now is a perfect time to quit smoking – before you are pregnant. Set a date to begin, and turn to Get Ready to Quit for support and tips on healthy changes you can make for you and your baby.



start a healthy lifestyle
before you plan on
becoming pregnant



Smoking and Your Pregnancy

If you are pregnant, everything that goes into your body goes into your baby...what you eat, drink, breathe and what drugs you take. Everything you do affects your baby...how you live, work, sleep and play. Your baby depends on you to protect it from harm. Make healthy choices. That is the first way you can show your love for your baby. Love is avoiding habits and hazards that add risk to you and your pregnancy.

Pregnant women who smoke are more likely to have miscarriages, stillbirths, preterm labor and premature babies than women who do not smoke. Babies may be too small. They may have birth defects. They may also have slow physical growth and mental development. Being in a smoke-filled area is also harmful, because you breathe in the bad air.

If you smoke, ask your doctor about ways you can stop smoking. It's never too late to quit smoking. After just one day of not smoking, your baby will get more oxygen. Each day that you don't smoke, you are helping your baby grow.

Although quitting may seem difficult, a lot of help is available to make it easier for you. This booklet will point you in the right direction to start a healthier lifestyle for you and your baby. Set a date to begin and turn to Get Ready to Quit for support and tips to get started.

One day of not smoking will give your baby more oxygen.





Smoking and Motherhood

Adjusting to life with a new baby may take some time. It's important to remember that you need to take care of yourself as well as your baby. Plan your first medical check-up within six weeks after your baby is born.

If you quit smoking, you can create a home that's healthier for you and your baby. By not smoking, you'll be a better role model and enjoy other benefits.

- Healthier breast milk
- Fewer coughs and colds for you and your baby
- Less chance of sudden infant death syndrome (SIDS)
- Less risk of your child having allergies, asthma or other lung problems
- A better chance of enjoying a long and healthy life together
- Less chance that your child will become a smoker



The first month with your new baby is not easy. Even if you are already a parent, the first month still involves a lot of changes. New moms and dads have much to learn – and quickly. If you have already quit smoking, the added stresses might make you want to start smoking again. The new stresses can also make it difficult to try to quit smoking. To make things easier on yourself, you might ask someone to help you with chores and some of the other things you need to get done. Don't expect to do everything right the first time. You may not feel ready to be a parent, and you might wonder if you can handle all the new changes in your life. You may feel sad on some days and happy on other days.

Try these tips to cope with your baby's needs:

- Try to sleep when your baby sleeps.
- Take a break if you feel stressed. Ask a partner or friend to watch the baby while you go for a walk, call a friend or just take some time out.

Mild sadness that lasts two weeks is common. Talk to a family member or friend about your feelings. Call your doctor if your sadness does not go away, or if you may hurt yourself or your baby.

Even during this stressful time, these tips and support can make it easier for you to kick the habit and create a healthier home for you and your baby. Use this book as a helpful tool, and turn to Get Ready To Quit for advice on getting started.

Dealing with stress is not easy. Don't be afraid to ask for help.





Get Ready To Quit

Even if you've smoked a lot for a long time, it's never too late to quit for you and your baby. Quitting takes work. Here are some helpful ideas to get you started.

Decide you want to quit.

List your reasons and put the list where you will see it often.

Set a quit date.

Circle the date you choose to quit on your calendar.

Prepare yourself and your home.

Throw away cigarettes, lighters and ashtrays. Buy raw vegetables or other healthy snacks to help you during times when you feel tempted. Sugarless chewing gum and mints might be helpful as well.

Ask for help.

Your doctor can help you find ways to quit. Choose one that works for you. You may want to quit completely or cut back each day the amount of cigarettes you smoke.



Make a plan.

Know what to do when you want to smoke.

For example, if you usually smoke after a meal, plan to take a walk, call a friend, knit or take a bubble bath instead. Think about what you will do specifically during your weaker moments – such as driving, breaks at work and stressful situations.

Plan for uneasy times.

Plan for how you will deal with really wanting a cigarette or with others smoking around you. Also, what are some ways you can keep your hands and mouth busy when you feel tempted?

Get support.

Ask your partner, friends or family to help you quit. Ask for their patience, especially during times when you will feel grumpy or tense. They can also offer praise and encouragement with each successful day.

Reward yourself.

Plan what to do with the extra money you'll have when you quit. Purchase some gifts for yourself or your baby. Go shopping; get your nails or hair done; call or visit a friend.





Help Through WV Tobacco Cessation Quitline

Eligible PEIA and Medicaid recipients, as well as uninsured West Virginia residents may enroll in the Tobacco Quitline Program. This program is free or low cost for smokers who want to quit. By enrolling, you will receive free educational materials about how to stop smoking. The program will also provide a phone coach to call four times to assist you in quitting. If you are 18 or older, you may receive nicotine patches for eight weeks. Pregnant women and those under 18 may use the program with a physician's approval.

The Quitline phone coaches care about your efforts to quit smoking. They know how to help you quit. The calls are free, and they can be made at a time that is right for you. Quitline phone coaches can make your chances of quitting much better. You are more likely to stop smoking when someone is coaching you.

Call this no-cost phone number to enroll [1-877-966-8784](tel:1-877-966-8784).



Don't Give Up

If you smoke a cigarette or even take a puff of someone else's cigarette, don't give-up. Still tell yourself you are not a smoker. Don't let all your hard work be thrown away. Ask yourself why you did it, then learn from your mistake and think of ways you can handle the next time you feel tempted. Remember: every cigarette you don't smoke helps you and your baby.

Whether you are trying to get pregnant, are pregnant or have already given birth to your baby, you are likely to feel stressed sometimes. Plan ways to take care of yourself, and plan for times when you may feel tempted to smoke again.



don't give up. every cigarette you don't smoke helps you and your baby.

- Exercise if your doctor permits.
- Always have a plan for situations that cause you to be tempted to smoke.
- Think of other ways to deal with stress other than smoking.
- Avoid being in areas where people are smoking. It's dangerous for you and your baby, and it makes it harder to stop smoking.
- Don't keep a busy schedule; it can add to your stress.
- Go to smoke-free restaurants.
- Don't let yourself get too hungry, angry, lonely or tired.

These feelings can cause you to want to smoke again. Always keep healthy snacks close in case you feel hungry or tempted to smoke a cigarette. If something makes you angry, take slow, deep breaths. Call or visit a friend if you are feeling lonely. If you are tired, take a nap.

Many people quit more than once before they stop smoking for good. Don't give up. Work through this booklet again, and start a new plan. It's worth your efforts, because the benefits of being a non-smoker will last your whole life.





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