

# Be Smoke-Free

# **SMOKE-FREE**

*Be Smoke-Free Be Smoke-Free Be Smoke-Free Be Smoke-Free Be Smoke-Free Be Smoke-Free*

**A Booklet for Moms on Smoking,  
Second-Hand Smoke, and Quitting.**





# INDEX

Letter .....	2
Introduction .....	3
Smoking and Second-Hand Smoke .....	4
Myths about Quitting and Pregnancy .....	5
Nutrition .....	6
Breastfeeding .....	7
Benefits of Quitting .....	8
Quitting .....	9
Stage 1: Not Even Thinking about Quitting .....	10
Stage 2: Thinking About Quitting .....	11
Stage 3: Preparing to Quit .....	12
Stage 4: Quitting .....	15
Stage 5: Staying Smoke-Free .....	16
One Last Thought .....	17
Resources for more Help .....	18
References .....	19
Notes .....	20



Dear Mommy:

Please make my world smoke-free! When I am in your tummy I can't get away from the smoke. When I get out it will be a long time before I can crawl or walk away from the smoke. I need you to keep me safe. I can't grow up as healthy as you would like if I am breathing in the poison from the smoke.

If I breathe in second-hand smoke, I am more likely to get ear infections, colds and asthma...plus you will be up many nights with me because I am sick. As I grow up I will want to be like you or those around me...so before you know it I will try lighting a cigarette. Please don't tempt me...you know how curious I am. If you smoke, please try to stop smoking because I don't want you to get sick and die. Please try not to be around smoke either.

I know I'm a new addition to your home and I can't talk yet but now would be a good time to make our home smoke-free. So...please let our family and friends know that you want to keep me healthy.

I almost forgot...could you make sure my babysitter's home is smoke-free too.

I have to go now and get my rest so that I will be strong and healthy when I see you.

Hugs and Kisses,



Your Bundle of Joy



## INTRODUCTION

When you decide to quit smoking or to avoid second-hand smoke you are making a healthy choice. You are in control. Your baby is the best reason in the world to quit smoking now!

Knowing all the facts will help you to quit. This booklet will explain what smoking and second-hand smoke does to you, your baby, and your health. It will also give you information on quitting smoking and some resources you will need to help you along the way. You may want to quit because you are pregnant but it does not make it easier.

So, let's get to work!



# SMOKING & SECOND-HAND SMOKE

Smoking and second-hand smoke changes the health of the mom and her unborn baby. It may affect the outcome of the pregnancy.

Did you know that the chemicals from a cigarette go through the blood and placenta to the unborn baby? Also that a cigarette has over 4,000 chemicals in it?

Two of these chemicals in a cigarette are: carbon monoxide (this also comes from the tail pipe of vehicles) and nicotine. As you smoke the nicotine and carbon monoxide levels go up in your body and the oxygen level in your blood goes down. **You need enough oxygen in your blood for your body to work properly and for your baby to grow properly.**

**FACT**

Second-hand smoke is as harmful as the smoke you inhale from a cigarette.

What can happen to Mom:	What can happen to your baby:
<b>Miscarriage:</b> 1.5 times greater risk	<b>Sudden Infant Death (SIDS):</b> 2 – 5 times the risk
<b>Premature Delivery:</b> 15 % of all premature births are caused by smoking	<b>Asthma and Allergies:</b> 200 – 400 times the risk
<b>Decreased Breastmilk:</b> up to 30% less breast-milk is produced	<b>Increase of low birth weight (under 5lbs 8oz):</b> about 2/3 of newborn deaths are related to low birth weight



# MYTHS ABOUT QUITTING & PREGNANCY

There are many myths about quitting smoking during pregnancy. Here is your chance to learn the truth.



MYTH	TRUTH
It's too stressful on Mom to quit.	Yes, quitting smoking is stressful but an unhealthy baby is more stressful.
Smaller babies are easier to deliver.	It is a challenge to deliver any size baby. But smaller babies have a higher risk for illness.
I smoked and my other babies are okay!	Smoking and second-hand smoke increases your chances of having an unhealthy baby. Do you want to take that risk?
I'll gain too much weight if I quit.	The average weight gained after quitting smoking is 7lbs to 10lbs. This weight can come off with healthy eating and exercise.
Quitting is dangerous and stressful for my baby.	Wrong. Quitting gives your baby a better chance of being healthy.
Light cigarettes are safer.	No cigarette or second-hand smoke is safe.
It will be easier to quit after the baby is born.	No. Quitting smoking at anytime is hard. Do it now, for a healthier you and baby.



If you are at a healthy weight before pregnancy then a healthy weight gain during pregnancy is between 25-35 pounds.

# NUTRITION

## Have you thought of how smoking affects your nutrition?

Smokers may need more vitamins. This is because smoking decreases the amount of vitamins that your body takes in. This is even more important if you are pregnant or have just had a baby. Look at the chart below to find out about some of the vitamins, where you can get them and why you need them.



Vitamin	Where you get it	How it Helps
<b>C</b>	Citrus fruit, red bell pepper, papaya, some fruit drinks	Helps your body use iron.
<b>B6</b>	Chicken, pork loin, peanut butter, black beans	Helps fight infections by making antibodies.
<b>Folic Acid</b>	Leafy vegetables, some fruits, legumes, wheat germ	Helps reduce the risk of neural tube defects like Spina Bifida.
<b>B12</b>	Meat, fish, poultry, eggs & milk	Helps your body to make the extra red blood cells needed during pregnancy.
<b>E</b>	Vegetable oils, margarine, wheat germ, whole grain products, seeds, nuts, peanut butter	Keeps all your cells and your baby's cells healthy.



# BREASTFEEDING

If you smoke should you or shouldn't you breastfeed? The answer to that question is **YES**, you should breastfeed.

**Why?** Studies have proven that breastfed babies are healthier than formula fed babies, even when they get the chemicals from smoking or second-hand smoke in the breastmilk.

There are ways you can cut down the effects of smoke on your baby. The information below shows what you can do.

- Smoke outside: This will reduce exposure to second-hand smoke.
- Cut down on the number of cigarettes you smoke. Studies show that women who smoke 10 or fewer cigarettes per day have healthier babies than mothers who smoke more than 10 cigarettes per day.

- Smoke after breastfeeding your baby. The amount of nicotine in your body and your breastmilk decreases over time. And smoking just before you breastfeed can interfere with your milk letdown so your baby may have less milk to feed on.
- Use nicotine replacement therapy (NRT), the patch or the gum. You will get 30%-60% less nicotine in your body than you would from a cigarette, plus you won't get all the other chemicals you get from smoking. Ask your doctor first if you can use NRT.

**REMEMBER BREAST IS BEST!**

**FACT**

**It takes approximately 95 minutes for half of the nicotine to be eliminated from your body! So...if you have to smoke, smoke after you have breastfed.**



# BENEFITS OF QUITTING

Some of the benefits of quitting are:

- **Healthier mom and baby (i.e. within 20 minutes of not smoking, your heart will pump slower and easier)**
- **Healthier birth weight**
- **Better chance of full term pregnancy**
- **Reduced risk of cancers and heart disease for mom and baby**
- **Lower risk for Sudden Infant Death Syndrome (SIDS), bronchitis, pneumonia, asthma, allergies, and middle ear infections for the baby**

You will have more energy, fewer health problems and save money. Everybody wins. Avoiding smoke and quitting smoking is the best thing you can do for you and your baby.

You'll feel great!

List the benefits of quitting for you and your family: (e.g. healthier mom and baby, more money)



A graphic of a spiral-bound notebook with several blank horizontal lines for writing.



# QUITTING

Now that you know how important it is to quit smoking, what should you do?

When quitting smoking you will go through a number of stages, just like in your pregnancy. The stages are:



**STAGE 1: Not even thinking about Quitting**



**STAGE 2: Thinking about Quitting**

**STAGE 3: Preparing To Quit**

**STAGE 4: Quitting**



**STAGE 5: Staying Smoke-Free**

Quitting is a process. Sometimes we take two steps forward and then one step back. But don't give up. It is important to use the help that is available. Look at the list of resources at the back of this book for more help.

## STAGE 1: NOT EVEN THINKING ABOUT QUITTING



At this stage others may be thinking more about you quitting than you are. When others want you to quit it is because they want what is best for you and your baby.

Health Canada considers smoking one of the risk factors used to determine a high-risk pregnancy. So... if you smoke or are around smoke, your pregnancy is considered high risk. Remember what you learned on page 4 about the risks to you and your baby?



You may feel fit and healthy but research shows that smoking causes health problems that may not show up for years.



**It takes approximately 95 minutes for half of the nicotine to be eliminated from your body!**

## STAGE 2: THINKING ABOUT QUITTING

At this stage you start to consider the health and financial costs of smoking to your new family and the benefits of quitting.

During this stage you will start to think about some of your worries about quitting: weight gain, handling stress, failure, cravings and staying smoke-free.

Did you know that it takes most people seven tries to quit smoking? You can always learn from your past experiences.

### FACT

Quitting smoking is like getting out of an abusive relationship. You know you should, but it is very hard to do.

### MAKE TWO LISTS:



Why Should I quit?

Who can help me?  
(friends, family, counsellor)

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## STAGE 3: PREPARING TO QUIT

Hurray! You've decided to quit smoking.  
Now you need to:

- **Know why you smoke**
- **Identify the triggers that make you smoke**
- **Develop a personal quit plan**
- **Get support in your effort to quit smoking**
- **Cut back on the number of cigarettes you smoke**

Use the method that works for you: self-help, group sessions and/or the patch or gum. There are two benefits to using the patch or the gum. First, the level of nicotine is lower in the patch and the gum compared to a cigarette. Second, when using them you do not get the over 4,000 chemicals, going in to your body and your baby's body, that you get when you smoke a cigarette. If you are considering using the patch or the gum to quit smoking, contact a doctor and use them as directed.

As you start to quit you will discover new ways to get the same pleasure from being smoke-free as you did from smoking. Don't forget to think of how you can add physical activity, healthy eating and stress management into your plan to be smoke-free.



## STAGE 3: PREPARING TO QUIT (CONTINUED)

Fill in the blanks:

Why do I smoke?

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What are my triggers?  
(stress, bored, angry, coffee, drinking)

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### IDEAS

- Rent a movie
- Go for a walk
- Buy healthy snacks
- Visit a friend
- Reduce cigarettes by 1/2
- Call for help
- Patch or gum

My Personal Quit Plan:

Day 1: \_\_\_\_\_

Day 2: \_\_\_\_\_

Day 3: \_\_\_\_\_

The next few days will be tough. But it will get easier.

Day 4: \_\_\_\_\_

Day 5: \_\_\_\_\_

Day 6: \_\_\_\_\_

Day 7: \_\_\_\_\_



## STAGE 3: PREPARING TO QUIT (CONTINUED)

Who can I count on for support?

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**CUT BACK ON THE NUMBER OF CIGARETTES:**

Number of Cigarettes Smoked		Number of Cigarettes Smoked	
Day 1		Day 8	
Day 2		Day 9	
Day 3		Day 10	
Day 4		Day 11	
Day 5		Day 12	
Day 6		Day 13	
Day 7		Day 14	





## STAGE 4: QUITTING

Now is the time to put your plan into action and set a quit date. Be prepared for withdrawal symptoms. Here are two tips to use to help you be smoke-free.

### 1. The 4 A's to resisting temptation:

- Avoid situations that may tempt you to smoke such as alcohol, caffeine, stress, and exposure to second-hand smoke.
- Alter the situations, walk away or change your plans.
- Accept the situation if you can not change it.
- Alternatives. Use a stress ball, eat fruit, go for a walk or chew gum.

### 2. The 4 D's are easy to learn:

- Delay each cigarette. A craving only lasts a minute or two.
- Deep Breathing will help relax you.

- Do something different to delay and distract like hold a pencil or doodle.
- Drink non-alcoholic fluids. Drinking plenty of water is an important part of a healthy lifestyle, and will help you keep a healthy weight.

Work your way through these stages to make quitting smoking and changing your lifestyle a success. Remember it is a process, sometimes we take two steps forward and then one step back.

Your big day: \_\_\_\_\_

Quit Smoking Date



## STAGE 5: STAYING SMOKE-FREE

You now are a non-smoker. So...

- Remember your plan and stick to it.
- Be prepared for slips. It's okay!
- Reward yourself and celebrate.
- Share the benefits of being smoke-free with others.



List what will help you stay smoke-free:

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**Remember:**

- Why you quit.
- The benefits of quitting for you and your baby.
- To reward yourself.
- What activities you want to do instead of smoking.

**CONGRATULATIONS!**

It's hard work quitting. You have made a decision to change your life. Now you and your baby can be smoke-free.

# PERSONAL MESSAGE BOARD



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## **MESSAGE BOARD**

- Questions I need answers to
- Who I want to contact
- What I want to do now

Being smoke-free may be one of the hardest things you will do.  
But remember why you are doing it...to help you and your baby live a healthier life!

## RESOURCES FOR MORE HELP

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Chatham-Kent Public Health Unit  
Cessation support and referrals

519-352-7270

Smokers' Helpline

1-877-513-5333 or [www.smokershelpline.ca](http://www.smokershelpline.ca)

Pregnets

[www.pregnets.org](http://www.pregnets.org)

Ontario Ministry of Health Promotion and Sport

[www.mhp.gov.on.ca](http://www.mhp.gov.on.ca)

Health Canada

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Motherisk Helpline

1-877-327-4636

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# NOTES

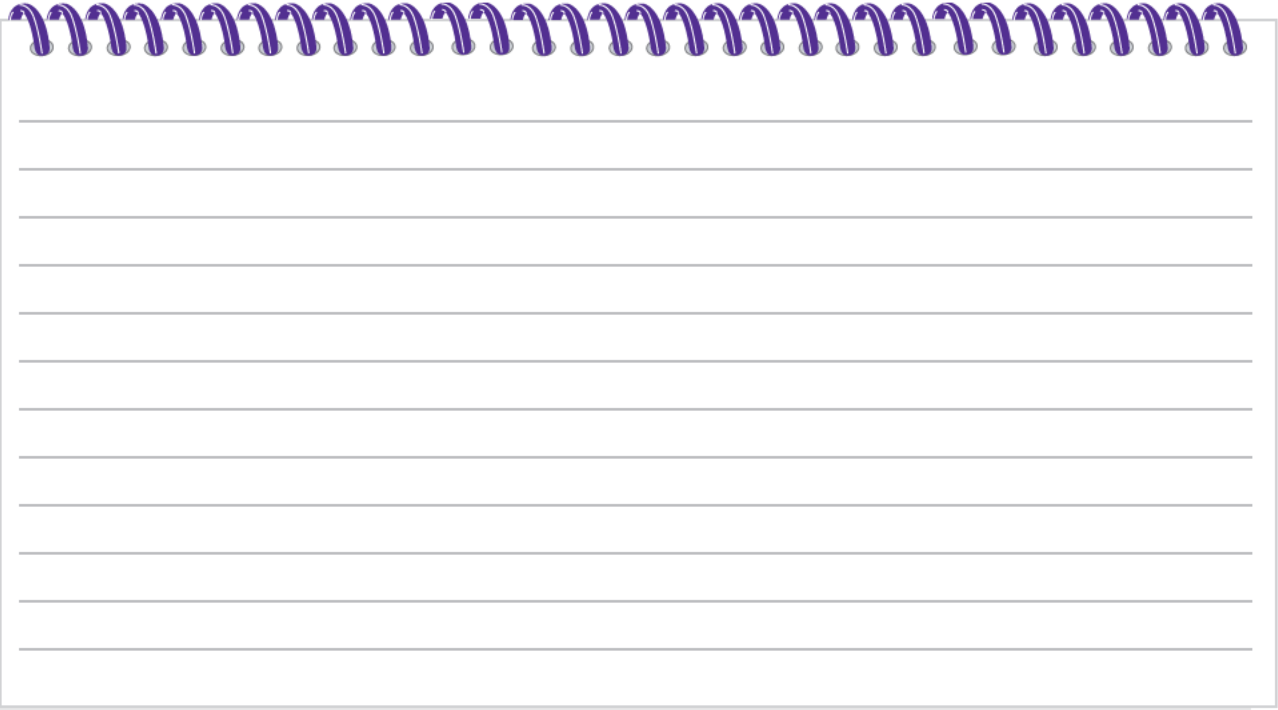
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A graphic of a spiral-bound notebook with a purple spiral binding at the top. The notebook page is white and contains 15 horizontal lines for writing. The notebook is positioned on a white background with a purple header and a green vertical bar on the left side.

Blank lined area for notes.

# NOTES

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A graphic of a spiral-bound notebook with a purple spiral binding at the top. The notebook page is white and features 15 horizontal grey lines for writing. The notebook is set against a background with a purple top section and a green left section.



Building Healthy Babies in Chatham-Kent  
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Canada Prenatal Nutrition Program



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