

Take the first step towards a...

SMOKE-FREE

Beginning

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



Index



Introduction	4
Smoking and Second-Hand Smoke	5
Creating A Smoke-Free Environment	6
The Truth About Smoking	7
Benefits of Quitting	8
Are You Ready?	10
Stage 1: Not Even Thinking About Quitting	11
Stage 2: Thinking About Quitting	12
Stage 3: Preparing to Quit	16
Stage 4: Quitting	21
Stage 5: Staying Smoke-Free	22
Dealing With Slips	23
After The Baby Is Born	24
Breastfeeding	25
One Last Thought / Resources For More Help	26
References	27

Introduction

When you decide to quit smoking or to avoid second-hand smoke, you are making a healthy choice. You are in control. Your health and your baby's health are the best reasons in the world to quit smoking now.

Knowing all the facts will help you quit smoking and avoid second-hand smoke. This booklet will explain what smoking and second-hand smoke can do to you, your baby, and your health. It will also give you some information and resources you will need to be smoke-free!

So, let's take the first step!



Smoking & Second-Hand Smoke



Smoking and second-hand smoke change the health of a mom and her unborn baby. It can affect the health of the pregnancy.

Did you know that:

Chemicals from a cigarette go through the blood and placenta to the unborn baby; a cigarette has over 4,000 chemicals in it.



Two of the 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.**



What Can Happen To Pregnant Mom	What Can Happen To Your Unborn Baby
<ul style="list-style-type: none">• Breakthrough bleeding• Miscarriage• Unhealthy placenta• Problems during labour and delivery	<ul style="list-style-type: none">• Preterm labour and delivery• Low birth weight (under 5.5 lbs)• Be stillborn• Not develop healthy lungs, or heart, or digestive and nervous system
What Can Happen To Pregnant Mom	What Can Happen To Your Baby or Child
<p>Smoking increases the risk of:</p> <ul style="list-style-type: none">• Many kinds of cancer• Problems like heart attack, stroke, angina• Breathing problems <p>Second-hand smoke increases the risk of:</p> <ul style="list-style-type: none">• Some kinds of cancer, heart disease, diseases of the lungs	<p>Being around second-hand smoke increases the risk of:</p> <ul style="list-style-type: none">• SIDS• Ear Infections• Asthma• More colds and illnesses• Allergies• Trouble breathing• Colic <p>Also, being around second-hand smoke:</p> <ul style="list-style-type: none">• Makes it more likely your child will develop behaviour problems• Doubles the chance that your child will smoke when they are older

FACT

65% of newborn deaths are related to low birth weight.

Creating A Smoke-Free Environment For You & Your Baby

1. Ask family and friends not to smoke around you or the baby.
2. Make your home and car smoke-free. Ask visitors to smoke outside.
3. Avoid going to places where people smoke.
4. Don't visit homes where people smoke. Invite them to visit you at your smoke-free home, or someplace where smoking is not allowed.
5. Ask people who smoke to wash their hands before holding your baby.
6. Choose someone who does not smoke and who has a smoke-free home to be your childcare provider.

The Truth About Smoking and Second-Hand Smoke



MYTH (not true)	TRUTH
There's nothing wrong with having a smaller baby.	Smaller babies often have more health problems.
Quitting is dangerous and stressful for my baby.	Quitting gives your baby a better chance of being healthy.
I'll gain too much weight if I quit.	The average weight gained after quitting smoking is 5-7 lbs (2.2kg-3.2kg). A healthy weight gain of 25-35 lbs (11kg-16kg) during pregnancy is recommended. Speak to your health care provider about what weight gain is best for you. Once your baby is born you can return to a healthy weight by eating healthy, exercising and breastfeeding your baby.
Light or mild cigarettes are safer.	A smoker can get the same or higher levels of chemicals in light or mild cigarettes as in regular cigarettes.
I know other women who smoked while they were pregnant and their babies were just fine.	Smoking and second-hand smoke increase your chances of having an unhealthy baby.

Activity

Benefits of Quitting

Being pregnant gives you an important reason to think about quitting smoking. Check off the benefits that are the most important to your health.

If I Quit

- ☐ After 24 hours my risk of a heart attack will go down.
- ☐ After 48 hours my sense of smell and taste will improve.
- ☐ After 72 hours my lung capacity will increase.
- ☐ After 2 weeks my coughing, congestion, shortness of breath and tiredness will be reduced.
- ☐ After 1 year my risk of heart disease will decrease by 50%.
- ☐ After 10 years my risk of dying from lung cancer will be cut in half.
- ☐ After 10-15 years my risk of dying from a heart attack will be equal to a person who never smoked.



Plus

- ☐ I'll have more money to do the things I love to do.
- ☐ I'll have more energy to do the things I love to do.
- ☐ I'll look and feel younger since smoking causes wrinkling and premature aging.
- ☐ I won't have yellow teeth or fingers any more.
- ☐ I'll be setting a great example for children and other smokers.
- ☐ I'll feel proud and believe in my ability to overcome challenges.



Are there any other benefits of quitting that you can think of?

1. _____
2. _____
3. _____



FACT

Smoking or breathing in second-hand smoke decreases the amount of nutrients your body takes in. This can affect your health and your baby's growth.

Are You Ready?



You will go through different stages when quitting smoking. What stage are you at?

STAGE 1: Not Ready to Quit Yet

STAGE 2: Thinking About Quitting

STAGE 3: Getting Ready to Quit

STAGE 4: Quitting

STAGE 5: Staying Smoke-Free

Quitting is a process. It takes time. Don't quit quitting!



Stage 1: Not Ready to Quit Yet



At this stage *you* may not be thinking about quitting, but others may be encouraging or pressuring you to quit. This is because they want what is best for you and your baby.

Think about your reasons for smoking. Smoking can be a habit or an addiction, or both. You may smoke because it keeps you going, helps you to relax, or helps you deal with stress. You may also smoke because it's part of your routine or because it is something you share with others.

Think about the ways smoking affects both you and your baby. You may feel healthy now but research shows that smoking causes health problems that may not show up for years.



How much does smoking cost you every year?

FACT

$$\frac{\text{\# of packages you smoke a week}}{\text{\# of packages you smoke a week}} \times \frac{\text{price of a package of cigarettes}}{\text{price of a package of cigarettes}} \times 52 \text{ weeks} = \$$$

For Example

$$\frac{7}{\text{\# of packages you smoke a week}} \times \frac{\$9.50}{\text{price of a package of cigarettes}} \times 52 \text{ weeks} = \$3,458$$

STAGE 1: Not Ready to Quit Yet

Stage 2: Thinking About Quitting



At this stage you start to think about the risks of smoking and the benefits of quitting.

Use the activity on the next page to help you understand some of the reasons why you smoke. You will also be able to identify what makes it hard to quit. Think about the pros and cons of smoking and quitting. You may discover you have more good reasons to quit than to continue smoking.

Most people who quit smoking try many times before becoming non-smokers. If you have tried to quit before, try again. Each time you try to stop smoking, your chances of quitting get better. **Learn from each time you have tried to quit and keep trying!**



FACT

Quitting smoking takes time. It's a process and every time you try to quit, you get closer to quitting for good.

Activity



What I like about smoking:

What I don't like about smoking:

What I don't like about the idea of quitting:

What I like about the idea of quitting:

Now ask yourself these questions:

1. What healthy things can you do to replace what you like about smoking?
2. What is the most important thing that you like about the idea of quitting and why?
3. What can you do to make quitting more positive?

Choose the Quit Methods That Are Right For You

Some people just quit

Some smokers decide to quit all at once. To quit all at once means you set a quit date and from that day on you do not smoke. To quit all at once, you will need to be prepared to deal with your triggers, cravings and withdrawal symptoms. Consider using self-help and counselling resources (on page 26) to help you to stay smoke-free.



Some people cut back gradually

Cutting back gradually means smoking less as you get closer to your quit date. Cutting back allows you to gradually deal with the challenges of quitting. It also gives you the chance to feel what it will be like when you quit for good. This may help to increase your confidence that you really can quit. Here are a few ideas to help you cut back:

- **Wait five minutes before having the cigarette.**
- **Carry fewer cigarettes with you each day.**
- **Smoke only half of each cigarette.**
- **Eliminate the three cigarettes that you crave most during the day.**
- **Change the brand you smoke.**

Make sure you don't change the way you smoke by taking more puffs or inhaling more deeply to get the same amount of nicotine as before.

Choose the Quit Methods That Are Right For You

Some people use nicotine replacement therapies

If other methods of quitting smoking have not worked, consider talking to your physician about nicotine replacement therapies (patch, chewing gum or inhaler).

Although no safe dose of nicotine has been recommended during pregnancy, nicotine replacement therapy has two benefits:

- You get less nicotine than in a cigarette;
- You do not get 4000+ chemicals going into your body and your baby's body.

Health Canada (2005) advises you see your doctor before using these products. It is important that they are used as directed.

Some people use other resources

There are a number of other resources that can help you quit smoking: websites, telephone call lines, counselling organizations, etc. These resources work best if you use them with other quit methods. Check out page 26 for more information on resources available to you.



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, nicotine gum or the nicotine inhaler (called nicotine replacement therapy or NRT). There are two benefits to using NRT. 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 4,000+ chemicals, going into your body and your baby's body, that you get when you smoke a cigarette. If you are considering using the patch, gum or inhaler to quit smoking, talk to your doctor.

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 to your plan to be smoke-free.



Stage 3: Preparing To Quit (continued)

Fill in the blanks:

Why do I smoke?

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

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: _____





What Makes You Want to Smoke?

DAY 1						DAY 2					
Cigarette	Time	Place	With Whom	Mood (G/B/?)	Need (1-5)	Cigarette	Time	Place	With Whom	Mood (G/B/?)	Need (1-5)
1						1					
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					
9						9					
10						10					
11						11					
12						12					
13						13					
14						14					
15						15					

Fill out the chart for at least **one weekday** and **one weekend day**.

For the column **"Mood"**, put:

G - If your mood was good or happy before you smoked.

B - If you were in a bad mood, angry or sad before you smoked.

? - If you're not sure how you felt before you smoked.

For the column marked **"Need"**, put in a number between 1 and 5 where:

1 = I could have done without this cigarette.

5 = I really had to have this cigarette.

DAY 3						DAY 4					
Cigarette	Time	Place	With Whom	Mood (G/B/?)	Need (1-5)	Cigarette	Time	Place	With Whom	Mood (G/B/?)	Need (1-5)
1						1					
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					
9						9					
10						10					
11						11					
12						12					
13						13					
14						14					
15						15					

When the chart is complete, use it to answer these questions:

- About how much do you smoke each day?
- What time of day do you usually smoke?
- When do you have your first cigarette?
- Where do you smoke the most?
- Do you smoke around certain people?
- Do you feel a certain way before you smoke?
- How many times did you smoke, even when you didn't have a strong need to?

Withdrawal Symptoms and Coping With Them

It is important to learn about and plan ahead for possible withdrawal symptoms. The first 3 - 4 days after quitting are likely to be the most difficult because the symptoms will be the most intense. These symptoms usually go away **7 - 10 days** after quitting. Let your family and friends know that these symptoms are a part of quitting.

If you experience:	Try doing this:
• Irritability, frustration, or anxiety	➤ Breathe deeply; be easy on yourself; take a break from whatever it is that you are doing.
• Difficulty concentrating and restlessness	➤ Work in short bursts; take breaks by going for a brisk walk; avoid caffeine.
• Difficulty sleeping	➤ Take naps during the day; be more physically active; avoid caffeine.
• Hunger	➤ Stock your refrigerator with ready-to-eat vegetables and fruits.
• Increased coughing	➤ Use cough drops or sip warm tea.
• Headaches, tingling and dizziness	➤ Get some fresh air and move your arms and legs; sit when you feel dizzy.
• Feeling down	➤ Call a person you can count on for support; do something fun with a friend.

Prepare to cope with these first few days after quitting by using positive coping strategies.

I will plan to deal with my symptoms by:

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 tips 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 situations by walking away or changing 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 you relax.

- Do something different to delay and distract like hold a pencil or doodle.
- Drink plenty of water, it 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 that it is a process, sometimes we take two steps forward and then one step back.

Your QUIT day:

Quit Smoking Date



Stage 5: Staying Smoke-Free

CONGRATULATIONS!



Quitting smoking is probably one of the hardest things you will ever do.

While you're quitting, try to stay positive and focused on the end result - a healthier baby and a healthier, happier you!

Every day for the next month remember to:

- Read over your quit contract to remind yourself of your reasons for becoming a non-smoker.
- Replace negative thoughts with positive thoughts such as:
 - This feeling will go away in a few minutes.
 - I'm prepared and have what it takes to quit.
 - My symptoms are signs that my body is healing.
- Remind yourself to feel proud of getting through each craving and each day.
- Reward yourself and celebrate the changes that you have made.
- Promise not to test yourself with "just one."



Dealing With Slips



Even though you're trying to be a non-smoker you may feel tempted to smoke. Try not to let those temptations take control. Taking even a couple of puffs can increase the chance that you will want another puff.

If you do slip, use it as a learning experience.

1. Stay positive. Don't criticize yourself and get discouraged.
2. Remind yourself that a slip is not a failure.
3. Understand why the slip happened.
4. Remind yourself of how far you have come in becoming a non-smoker.
5. Throw out cigarettes.
6. Plan how you will deal with similar situations in the future.
7. Ask for help. Talk to someone from your support list or use other available resources.
8. Renew your commitment to quitting.
9. Remember to reward yourself for all of the cigarettes you haven't smoked.

Identify the people, places, activities and moods that continue to tempt you to smoke. Plan something else you can do instead of smoking to deal with each one.

I am still tempted to smoke when:

1. _____
2. _____

Instead I will:

1. _____
2. _____

FACT

If you try to quit and slip, don't give up. You fail ONLY when you stop trying.

After The Baby Is Born

During the first few weeks after the baby is born, you may feel like smoking again. This is because becoming a new parent is stressful, and smoking may have been a way for you to deal with stress in the past. It is important to remember that life with baby will get easier as the weeks pass, and that you can handle the stresses of being a new parent without going back to smoking. It is also important to remember that babies who are exposed to second-hand smoke are more likely to have colic. This means these babies are more difficult to settle because they are fussy. Choosing to remain smoke-free may mean your baby will not be colicky. Keeping the air free of second-hand smoke will also reduce your baby's risk of ear infections, asthma and SIDS.

Here are some tips to help you stay smoke-free through the stress of having a new baby:

- Ask for help from family and friends when you find you are stressed with the responsibilities of caring for a new baby.
- Access programs and resources for tips on parenting.
- Continue to reward yourself for staying smoke-free.
- Give yourself some "me time."
- Sleep when your baby sleeps.
- Tell family and friends you are still committed to being smoke-free and that you still want to have a smoke-free home.



Women who smoke, both during and after pregnancy, have a greater chance of having a colicky baby.

Breastfeeding



If you have quit, staying quit is best for you and your baby. If you haven't quit yet go ahead and breastfeed, it is best for your baby.

WHY?

We know breastfed babies are healthier than formula fed babies, even when they are breastfed by a mom who smokes.

Here are some helpful ways you can reduce the effects of smoking on your baby:

- Smoke outside
- Smoke less
- Smoke after you breastfeed
- Ask your doctor about nicotine replacement therapy. This will decrease the amount of chemicals in your body, and the amount the baby gets from your breastmilk.

FACT

Nicotine replacement therapy can be safe to use when breastfeeding. Talk to your doctor for more information about which type would be best for you.

One Last Thought

If you would like more information on quitting smoking, nutrition during and after pregnancy or breastfeeding, contact Your Health Connection at 705 721-7520 or toll free at 1-877-721-7520 to speak to a public health nurse.



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...because you love yourself and your baby.

Resources For More Help

**Simcoe Muskoka District
Health Unit**

(705) 721-7520 or toll free at
1-877-721-7520 or online at
www.simcoemuskokahealth.org

Health Canada

www.gosmokefree.ca

Smokers' Helpline

1-877-513-5333
www.smokershelpline.ca

Motherisk Helpline

1-877-327-4636

Pregnets

www.pregnets.org



References

- Action on Women's Addictions - Research & Education (AWARE). (2005). I'm a STAR! Journal. STARRS: Start Thinking About Reducing Secondhand Smoke. Kingston: AWARE Press.
- Canadian Cancer Society, (1999). "For Smokers Who Want To Quit." One Step at a Time
- Canadian Cancer Society. (2005). www.cancer.ca
- Canadian Council for Tobacco Control, (2001). "A New Start in Life: About Pregnancy and Smoking"
- Centre for Addiction and Mental Health, 2003: file:///U:/Smoking%20Cessation%20in%20Pregnancy_files/slide0129.htm
- Centre for Addiction and Mental Health (2005). www.camh.net
- Duyff, Roberta Larson. The American Dietetic Association's Complete Food & Nutrition Guide. The American Dietetic Association, Minneapolis, Chronimed Publishing, 1996.
- Health Canada, Nutrition for a Healthy Pregnancy: National Guidelines for the Childbearing Years. Ottawa: Minister of Public Works and Government Services; 1999
- Health Canada. (2003). On the Road to Quitting: Guide to Becoming a Non-Smoker.
- Health Canada, 2003: www.gosmokefree.ca
- Hotz, S. B., Coristine, M., & Wynn, M. (1995). Stopping when You're Ready. Ottawa: Community Health Research Unit.
- Hotz, S., Edwards, N., Sims-Jones, N., & Cushman, R. (1997). Start Quit Stay Quit. Ottawa: Community Health Research Unit.
- Institute of medicine. Dietary Reference Intakes For Vitamin C, Vitamin E, Selenium, and Carotenoids. National Academy of Science, 2000.
- Kinzie, P., d'Avernas, J., & Naylor, A. (2004). Helping smokers quit. Skills for future facilitators. Grey Bruce Health Unit and the Program Training and Consultation Centre.
- Kinzie, P., & Naylor, A. (2004). Countdown to quit day: A program for smokers who want to quit. Grey Bruce Health Unit and the Program Training and Consultation Centre.
- Kort, Marjorie, Smit, Sherryl. "Stop Smoking Program for Women." Addiction Research Foundation. 1993.
- March of Dimes. (2005). www.marchofdimes.com
- North Carolina Healthy Start Foundation. If you smoke and are pregnant. www.nchealthystart.org/downloads2/If_You_Smoke.pdf
- Ontario Medical Association. (1999). www.oma.org/Health/tobacco/stopsmoke.asp
- Physicians for a Smoke-Free Canada, 2003: www.smokefree.ca
- Pregnets, 2003: <http://www.pregnets.org/mothers/questions.cfm>
- Pregnets, 2003: http://www.pregnets.org/providers/pregnancy/index_files/outline.html
- Public Health Agency of Canada (2005). www.phac-aspc.gc.ca/hp-gs/know-savoir/smoke_fumer_e.html
- Saskatchewan institute on Prevention of handicaps. "Tobacco Smoke: The Risk to Newborns, Infants & Children." Prevention Post, Winter 2003, Volume 14, Issue 3.
- Selby, Peter, Dragonetti, Rosa. "Smoking Cessation in Pregnancy." PowerPoint by Selby, Peter and Dragonetti, Rosa, Pregnets Network for the Prevention of Gestational and Neonatal Exposure to Tobacco Smoke. Fall 2003
- Shenassa, E.D, Brown, M.J. "Maternal smoking and infantile gastrointestinal dysregulation: the case of colic". Pediatrics (October, 2004), Volume 114, Issue 4.



simcoe
muskoka
DISTRICT HEALTH UNIT
Your Health Connection



Adapted with permission from Windsor-Essex County Health Unit

Simcoe Muskoka District Health Unit

Tel: 705-721-7520 or Toll Free: 1-877-721-7520

www.simcoemuskokahealth.org

Adapted in part from Building Healthy Babies in Chatham-Kent and
Chatham-Kent Health Unit (2005) Be Smoke-Free: A Booklet for Moms on
Smoking, Second-Hand Smoking & Quitting