



Benefits of Quitting Smoking During Your Pregnancy:

For your baby:

- Increases the amount of oxygen your baby will get.
- Increases the chances your baby's lungs will work well.
- Lowers the risk that your baby will be born too early.
- Increases the chances of your baby being born healthy at a normal weight.
- Increases the chances your baby will come home from the hospital with you.

For you:

- Gives you more energy and helps you breathe easier.
- Saves you money that you can spend on other things.
- Makes your clothes, hair, and home smell better.
- Makes your food taste better.
- Lets you feel good about what you've done for yourself and your baby.

Facts about quitting during pregnancy:

- Many pregnant women are tempted to cut down the number of cigarettes they smoke instead of quitting. Cutting down to less than 5 cigarettes a day can reduce risk, but quitting is the best thing you can do for you and your baby.
- It's never too late to quit smoking during your pregnancy.
- 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.
- During the first few weeks after quitting, cravings and withdrawal symptoms may be strongest. You can reduce the length of each craving by distracting yourself (keep your hands, mouth, and mind busy).
- Withdrawal symptoms are often signs that your body is healing. They are normal, temporary, and will lessen in a couple of weeks.

Getting Support

When you quit smoking, it helps to have support from people around you. Here are ways that others might help you:

- Ask others to not smoke around you.
- Ask others to be patient with you, especially if you are feeling grumpy.
- Ask others to help you with chores during the first few weeks quitting to ease your stress.
- Ask others to remind you how well you are doing not smoking.
- Tell your prenatal care provider about your plans to quit.

How to Handle Others Smoking Around You

Being around someone who is smoking puts you at high-risk for having a cigarette. This is because you smell the cigarette and they are available. Here are some ways to handle this situation:

- Ask the friend to quit with you.
- Ask others not to smoke around you, now that you're pregnant.
- Make your home and car non-smoking areas.
- Leave the room when others light a cigarette.
- Plan ways to distract yourself by keeping your hands and mouth busy when someone else is smoking.

Plan to Quit

If you are thinking about quitting, it helps to prepare. Here are some things to think about:

- **What are your reasons for quitting?** Make a list of your reasons.
- **When do you smoke?** Think about when you typically smoke. For example: when drinking coffee, after a meal, when talking on the phone, after finishing a chore, when watching TV. Make a list of the situations when you often smoke.

There are a number of things you can do to aid your quit attempt. Here are some tips. When you quit smoking, it helps to change your daily habits. Try doing other things at times when you might normally smoke.

If you smoke when you:	Try doing this:
Drink coffee	Have hot chocolate or herbal tea
Finish a meal	Get right up, take a walk, or go into another room
Watch TV	Do something else with your hands (start a craft) and mouth (chew gum, eat a hard candy)
Need to relax	Take a nonsmoking break or walk, or take a break take a bubble bath, call a friend, do your nails, ask a friend to babysit for 30 minutes, even if you stay home

It also helps to keep your hands and mouth busy. Here are some ideas:

Your hands:	Your mouth:
Knit or sew	Chew gum
Play with a rubber band	Eat some fresh fruit
Hold a pen or pencil	Use a straw or toothpick
Draw or doodle	Suck on hard candy
Squeeze a soft rubber ball	Try a cinnamon stick
Work on a craft project	Sip water or juice
Decorate your baby's room	Have a frozen fruit bar
Massage your hands	Have some popcorn

Getting Help and Support

Help and support can be as easy as a phone call away. The Great Start Quitline, 1-866-66-START, offers free one-on-one cessation counseling for pregnant smokers 24 hours a day. Callers can also request additional free quit smoking materials. The quitline is sponsored by the American Legacy Foundation and managed by the American Cancer Society.

The National Partnership for Smoke-Free Families is a national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant smokers quit, and spread the word about effective, evidence-based treatments.