YOUR OFFICIAL PREGNANCY GUIDE TO QUITTING SMOKING
(and some great tips for moms-to-be.)

Special help for pregnant smokers to quit smoking
FREE counseling by phone or in person
1-866-409-1858 toll-free
When you smoke a cigarette, your baby will be smoking a cigarette. All the chemical poisons that go into your body will go into your baby’s body. What harm can that do? These poisons get into the placenta, which is the tissue that connects you and your baby before it is born. They keep your unborn baby from getting the food and oxygen it needs to grow. These poisons can cause serious physical and medical problems after the baby is born. It is true that not every baby suffers the effects. Your friends and relatives may even tell you that it doesn't matter. But there is proof that babies who are born to mothers who smoke are at great risk. Why risk hurting your baby by smoking and yourself.
There are a lot of reasons why you should quit smoking before or when you find out you’re pregnant. Here are just a few of them:

The baby you are carrying will:

- Be healthier
- Get more oxygen
- Have a better chance of being born on time and fully developed
- Have a better chance of being a healthy weight
- Have a better chance of coming home from the hospital with you
- Have reduced risk of eye, ear, lip and hand malformations
- Have reduced risk of other birth defects
- Have reduced risk of brain defects
- Have reduced risk of spine defects
- Have reduced risk of being a slow learner in school
- Have a greater chance of being normal height and weight

You will:

- Breathe better because your lungs won’t be working so hard
- Have more energy
- Save money you would have spent on cigarettes
- Stop smelling like an ashtray
- Have healthier, unstained hands, nails and teeth
- Taste food again (and smell how good it is)
- Feel good that you quit for yourself and your baby
- Lower your risk of lung cancer and heart disease
- Have fewer colds
- Improve your circulation
- Not have to go outside to smoke when you’re at a restaurant
- Reduce your risk of developing wrinkles and poor skin tone

If you don’t let people smoke around your new baby, your baby and other members of your household will:

- Have fewer colds and other respiratory illnesses
- Have a reduced risk of Sudden Infant Death Syndrome (SIDS)
- Have a reduced risk of asthma
- Have fewer middle ear infections
- Be less likely to smoke as an adult

“Take 5”

TO HANDLE THE CRAVINGS

- Take a time-out for 3 to 5 minutes—about how long a craving lasts
- Take a walk or distract yourself in other ways
- Take a drink of water
- Take a few deep breaths
- Take a few minutes to talk about it with someone
Are you ready to quit smoking? Here’s how to get started.

Make a promise to yourself and your baby. Start here—learn how to give yourself the best chance of quitting. Many women think they’d rather quit on their own. But it has been proven that people are seven times more likely to quit for good with the help of counseling. It’s up to you. Here are some important hints to help you join the more than one million people who quit smoking every year.

- Set a quit date—decide on a real date that you’ll have your last cigarette
- Get the support of your family and friends—let them know that you are serious about quitting and ask them not to smoke around you
- Throw away all the cigarette products, matches and lighters you have in your home or car, then clean out all the ashtrays and store them out of sight (better yet, throw them away too since you won’t be needing them anymore)
- Avoid being around other smokers
- Try to control your stress (this booklet has some ideas you can use)
- Be aware of the things that cause you to want to smoke and try to avoid them
- Talk to other women who quit smoking when they were pregnant
- Talk to your prenatal care provider about your plan to quit
- Call the Delaware Quitline, tell them you are pregnant and ask to speak with a counselor—you’ll get free help on the phone or you can work with a trained counselor in person
- Visit de.quitnet.org and use this free Internet service—an online community of people like you who offer support to help you quit
- Practice new ways to relax
- If you slip up, don’t give up—most people try five times before they actually quit smoking—set a new date to get back on track
- Make a list of all the good things this is doing for your baby

Your body and your baby will benefit the moment you stop smoking.

It takes just 20 minutes for your body to go through the changes that will make your body healthier—benefiting you and your baby.

Here are the changes that happen to you and your baby as soon as you stop smoking:

**20 minutes after you stop smoking**
- Your blood pressure drops and returns to normal
- Your pulse rate drops to normal
- Your hands and feet warm up and return to a normal body temperature

**8 hours after you stop smoking**
- Your carbon monoxide level in your bloodstream and your baby’s drops to normal (carbon monoxide is a byproduct of cigarette smoke and has been known to hurt your heart and cut down the amount of oxygen in the blood that flows to the baby you are carrying, which could cause your baby to be born smaller than normal)

**24 hours after you stop smoking**
- Your chance of a heart attack decreases

**48 hours after you stop smoking**
- Your nerve endings start re-growing
- Your ability to smell and taste improves

**2 weeks to 3 months after you stop smoking**
- Your circulation improves
- Your lungs work 30% better than when you smoked

**1 to 9 months after you stop smoking**
- You cough less, feel less tired and out of breath and have less sinus congestion
- The fibers inside your lungs re-grow so you have less risk of infection

**1 year after you stop smoking**
- Your risk of heart disease is cut in half
Questions that many women ask about smoking and being pregnant.

Q: Babies often weigh less when the mother smokes. Isn’t it easier to deliver a small baby?

A: It is not always easier to deliver a baby that is considered “low-birthweight.” A baby that weighs too little is frequently sick and can face many other health problems growing up—including learning disabilities that could make it hard for the child to do well in school. Smaller babies are more likely to need special care and stay longer in the hospital. Some may even die either at birth or within the first year.

Q: Will I gain extra weight if I quit smoking during pregnancy?

A: It is normal to gain weight during pregnancy. Your unborn baby depends on you to eat the right foods. If you eat healthy—and stay away from junk foods and sweets—and exercise, your weight gain will be normal. Even if you gain a few extra pounds, you can lose it after the baby’s born.

Q: How about cutting down on cigarettes rather than quitting for good?

A: The only way to really protect your unborn baby is to quit. Cutting down is better than doing nothing but it may not make things much better for the baby. If you cut down or switch to low-tar cigarettes, you have to be careful not to inhale more deeply or take more puffs to get the same amount of nicotine as before. In the end, the only really smart choice is to quit smoking.

Q: If I smoke and breastfeed my baby, does the nicotine get into my milk?

A: Nicotine is a poison in cigarettes. So, if you smoke, the baby drinks the poison in your breast milk. It’s important to note that breast milk is the best way to feed your baby. Don’t smoke while you’re breastfeeding. Make sure your baby gets the best nutrition possible without the chemicals from cigarettes.

Q: I know that I should not smoke during pregnancy, but is it all right to go back to smoking after my baby is born?

A: Even after your baby is born, smoking can hurt your baby. Babies have very small lungs and airways that get even smaller when they breathe smoke-filled air. Smoking can make it hard for your baby to breathe. It can cause lung problems like bronchitis and pneumonia. Babies of smokers also get more colds, coughs and middle-ear infections. Make sure you also ask people like family, friends, babysitters and day care workers not to smoke in any areas near your baby.
You need the support of family members and friends—and even those who smoke. Help them understand how important it is not to smoke around you—and to help you quit.

There may be other members of your household who smoke and make it hard for you to quit. Tell them how important it is to support you in your goal to stop smoking. We want to help you persuade those family members not to smoke around you and to help you keep from smoking cigarettes.

Ask family members and friends to read the information we’ve included below:

• If you smoke in a household where a pregnant woman lives, you are putting her and her baby at risk. The smoke from your cigarettes is inhaled by the pregnant woman and then by her baby before it is born. The chemicals in the cigarette smoke have been proven to cause serious birth defects. This smoke from cigarettes is called secondhand smoke. Secondhand smoke actually hangs in the air for more than 3 hours after a cigarette is put out.

• Supporting the pregnant woman to help her quit smoking is one of the most important things you can do. Women who smoke while they are pregnant can have babies who are born too small, which may cause serious health problems including brain defects, spine defects, under-developed lungs (which hurt the baby’s ability to breathe normally) and other problems.

• You are one of the key people in the pregnant woman’s life. She depends on you to be her support and help her while she is pregnant. By encouraging her to make the right choice to quit smoking, you will be helping her avoid long-term health problems for the baby she will deliver. Think about the costs involved in taking care of an infant who has serious health problems or who can’t read or write or learn like other children his or her age.

• Think about the baby who will be born. You want the baby to be born with all the advantages and chances to grow in a healthy way and lead a normal life. By helping the pregnant woman quit smoking now and by not smoking around the pregnant mother, you will be helping the newborn baby have a better chance at life.
There’s a reason you think cigarettes help you control stress. The nicotine in cigarettes is a stimulant. It releases chemicals called neurotransmitters into your brain and they act like a pick-me-up. So you may feel pretty good for a short period of time, but then the craving sets in again and you actually feel worse if you don’t have another cigarette. So, in the end, cigarettes can actually increase stress.

In place of lighting up, try one or two of these ideas to help you relax. Relieving your stress can help you fight the craving.

• Breathing deeply, count to four in and four out. Repeat three or four times.
• Close your eyes and imagine you are lying on a grassy meadow. You see clouds above you moving left to right. Imagine you put all the things that stress you—one by one—on the clouds and let them float away.
• Let your hands hang down at your sides. Close your eyes. Now begin from your feet to your shoulders, tense and relax all of your muscles.

Sleep Right
ON YOUR LEFT SIDE
After you are 20 weeks pregnant, sleep on your left side. Don’t sleep on your back because it can restrict the circulation of your blood.
**MY QUIT LOG**

The best way to quit is to understand when and why you smoke. It helps to write down the times during the day when you have a cigarette and what your feelings were or what the situation was at the time. Were you stressed? Is it because you just had a meal? Is smoking connected to being on the phone? These different reasons will help you understand how to control your cravings better.

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<thead>
<tr>
<th>Time of Day</th>
<th>Your Mood or How You Feel</th>
<th>Who You Are With (or if you’re alone)</th>
<th>Need Intensity (Scale of 1 to 10)</th>
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