

# Becoming Smoke Free



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

# Index

Introduction.....	page 1
Smoking, Second-hand Smoke, and Pregnancy.....	page 2
Myths about Quitting and Pregnancy .....	page 4
Breastfeeding .....	page 5
Benefits of Quitting .....	page 7
Not Sure About Quitting?.....	page 8
Hurray! You've Decided to Quit Smoking .....	page 10
Managing Stress.....	page 11
Healthy Eating .....	page 13
Physical Activity .....	page 14
Getting Ready to Quit.....	page 17
Quitting .....	page 20
How to Cope with Withdrawal Symptoms.....	page 21
Staying Smoke-Free.....	page 23
When Friends & Family Smoke.....	page 25
After Your Baby is Born .....	page 26
Where You Can Get More Help.....	page 27
Sources of Information .....	page 28



# 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 & Pregnancy

Increased health risks occur not only if the mom is smoking, but also when she is exposed to second-hand smoke. If a woman's partner smokes near her during the pregnancy, there are added risks.

Did you know that the 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 these chemicals in a cigarette are: carbon monoxide (this also comes from the tail pipe of cars) and nicotine. As you smoke the carbon monoxide level goes 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.**



# Smoking, Second-Hand Smoke & Pregnancy

<b>What can happen to Mom:</b>	<b>What can happen to your baby:</b>
<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>Increased risk of low birth weight (under 5lbs 8oz):</b> about 2/3 of newborn deaths are related to low birth weight



## FACT

Before birth, your unborn baby practices breathing by exercising its chest muscles. The effects of cigarette smoke cause your baby's movements to slow down or even stop for several hours. The more cigarettes that you smoke, or are exposed to, the less your baby can exercise its lungs.

# 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 sized baby. 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.
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 physical activity, see pages 13 and 14.
Quitting is dangerous and stressful for my baby.	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.	Quitting smoking at any time is hard. Do it now, for a healthier you and baby.

# Breastfeeding

## If you smoke, should you still breastfeed your baby?

The answer to that question is **Yes**, you should breastfeed.

**Why?** Studies have proven that formula fed babies have poorer health outcomes than breastfed babies. This is true even when their mother smokes.

Here are ways you can cut down the effects of smoking on your baby.

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 less than 10 cigarettes a day have healthier babies than mothers who smoke more than 10 cigarettes a day.



## Breastfeeding (Continued)

- When you smoke, try to smoke after breastfeeding your baby. The amount of nicotine in your body and your breastmilk decreases over time. You should never smoke while you are breastfeeding, and smoking outside or away from your baby is best.
- The amount of nicotine in your body can have an effect on your milk supply. Talk with your health care provider to ensure you know the signs that your baby is getting enough milk.
- Consider using nicotine replacement therapy (NRT), the patch or the gum. You will get less nicotine in your body than you would from a cigarette, plus you won't get all the other chemicals you get from smoking. Talk to your health care provider or pharmacist **before** using NRT.

**You should breastfeed even if you smoke.**

If you need support to successfully breastfeed your baby or have any questions, please call Health Connections (905) 546-3550 to talk to an Public Health Nurse/Lactation Consultant or your health care provider.



# Benefits of Quitting

Benefits of Quitting for Your Baby	Benefits of Quitting for You
More likely that the baby will have a healthy birth weight	Ability to breathe more easily throughout your pregnancy and after the baby is born
Less risk for Sudden Infant Death Syndrome (SIDS), bronchitis, pneumonia, asthma, allergies, and ear infections	Better chance of a full term pregnancy
Baby will get more oxygen	Less risk of cancer and heart disease
Less risk of baby being born too early	More money

And there's more! When you quit, you will have more energy, fewer health problems; and your clothes, hair, and home will smell better. You also wouldn't need to rearrange your life around smoking (for example, you won't need to worry about who will look after your baby when you go out to smoke).

Everybody wins. Avoiding smoke is the best thing you can do for yourself and your baby.

**You'll feel great!**

## Not Sure About Quitting?

Perhaps others are 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. You may be thinking about the health and financial costs of smoking to your new family and the benefits of quitting. On the other hand, you may be unsure about what quitting smoking would 'cost' you.

### FACT

Weight gain during pregnancy is normal. The weight you may gain from quitting smoking is not as bad for you as the risk you take by smoking.



## Not Sure About Quitting? (Continued)

Here are some tips to deal with some common concerns:

<b>If you are worried about:</b>	<b>These tips could help:</b>
Weight gain (from quitting smoking)	Drink water, exercise, eat healthy snacks. (page 13)
Stress	Be active, talk to a friend, try deep breathing, do something fun like getting your nails done or reward yourself with the money you saved from not smoking.
Failure	Learn from your past experiences. It takes most people more than one attempt to quit smoking for good. Stay smoke free for the day and see what happens!
Withdrawal symptoms (cough, trouble sleeping, headaches)	Keep active, sleep more, drink lots of water, ask partner or friends to keep you strong, use nicotine patch, gum or spray to help. See <i>Managing Stress</i> (page 11).

Remember, 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.

# Hurray! You've Decided to Quit Smoking

Now you need to:

- Know why you want to quit
- Make a personal quit plan
- Identify situations that would tempt you to smoke
- Cut back on the number of cigarettes you smoke

Use the method that works for you: self-help, counselling, the patch, and/or gum. A combination of methods can increase your chances of quitting. If you are considering using the nicotine patch and/or gum, talk to your health care provider or pharmacist first.

As you start to quit, you will discover new ways to get the same pleasure from being smoke-free as you did from smoking.

**DID YOU  
KNOW**

**Add physical activity, healthy eating and ways to reduce stress to your plan to make quitting smoking even easier!**



## Managing Stress

Pregnancy and becoming a new mom can lead to different kinds of changes that can lead to stress. Stress has been identified by many women as one of the strongest smoking triggers. Many women who smoke say they feel relaxed for a short while when they have a cigarette. Our bodies become used to the regular dose of nicotine and feel on edge without it. Cigarettes will not help with most of the stress in our lives and sometimes make it worse. Try to find another way to take a break from stress and instead of smoking, do something else you enjoy!

### FACT

Having fun and physical activity make “feel-good” chemicals that lessen stress.



## Managing Stress (Continued)

Here are some easy ways to reduce stress. How many can you check off?

- Get active (take a walk, swim, dance)
- Listen to music
- Read, journal and sip a tea
- Start a new hobby
- Eat a healthy snack
- Have fun with your partner/children/pets
- Take a nap
- Do yoga, meditate or deep breathe
- Talk to someone
- Drink water throughout the day
- Avoid stressful places and people



## Healthy Eating

Healthy food gives you energy, helps to prevent or reduce weight gain and helps you deal with the stress of quitting smoking. **Follow Canada's Food Guide** and include healthy food such as vegetables and fruit, whole grain products, lower fat milk and milk alternatives, and meat and alternatives such as lean meat, chicken, fish, beans, tofu, and eggs. For more information on healthy eating, contact EatRight Ontario at 1(877) 510-5102 or visit [www.eatrightontario.ca](http://www.eatrightontario.ca)

**Eat 3 meals and 1-2 snacks each day.** Skipping meals can lead to increased food cravings and overeating later in the day.

While you are working on quitting smoking, follow Canada's Food Guide and include an extra vitamin C-rich food each day (such as citrus fruit, strawberries, kiwi, mango, broccoli and green or red pepper). Those who smoke need more vitamin C each day.

### TIP

**Cravings? Keep unhealthy food out of the house and keep your mouth busy: drink water with lemon, suck on a toothpick or sugar-free mint/candy, chew sugar-free gum, snack on plain popcorn, raw vegetables and fruit, brush your teeth.**

# Physical Activity

**Being physically active in pregnancy can combat stress and anxiety and improve self-confidence.** Physically it can improve heart and lung health, muscular fitness, prevention of excessive weight gain, diabetes during pregnancy (gestational diabetes) and high blood pressure (pregnancy induced hypertension).

If you have been physically active (**3 times per week for 30 minutes**) before pregnancy, continue being active! If you have not been regularly active before pregnancy, the best time to start would be after your 12<sup>th</sup> week (first trimester) or during your second trimester when the risks and discomforts of pregnancy are at their lowest.





## Physical Activity (Continued)

However walking is always encouraged, regardless of how active you were before your pregnancy unless your health care provider has told you otherwise.

### Some things to keep in mind:

#### Do...

- eat a light healthy snack 30 to 60 minutes before.
- consult with your health care provider before beginning or changing your physical activity program.
- start with aerobic activity (walking, stationary bike, and swimming) 3 times per week for 15 minutes and work your way up.
- always warm up muscles and stretch after your activity.
- drink water before, during and after your activity and keep cool.
- Have fun!**

**My physical activity checklist...**

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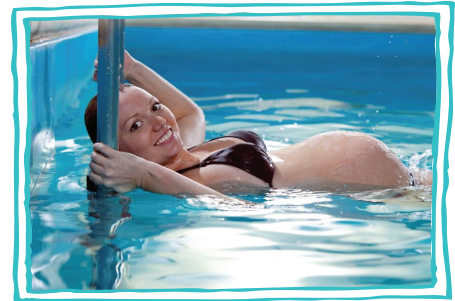
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## Physical Activity (Continued)

### Avoid...

- ✘ laying on your back during exercise after 16 weeks of pregnancy.
- ✘ lifting heavy weights or any weight while lying on your back.
- ✘ activities that suddenly stop or start or change directions.
- ✘ activities where you may lose your balance or fall.
- ✘ hot tubs, hot yoga, saunas and whirlpools.



### Remember

Listen to your body if you feel uncomfortable, experience pain, dizziness, shortness of breath or other symptoms – Stop and consult your health care provider.

# Getting Ready to Quit

Why do I want to quit? (See page 7)

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

## My Personal Quit Plan

1. Set a quit date sometime in the next 2-3 weeks.



# Getting Ready to Quit (Continued)

2. Make a plan to deal with situations/triggers that tempt you to smoke. For example:

<b>I feel like smoking when:</b>	<b>Instead of smoking, I will do this:</b>
I am stressed	Take a break, go for a walk, treat myself, take a nap
I am bored	Talk to a friend, read a book, listen to music, plan a baby project (for example, make a photo album or scrap book), rent a movie
I am angry	Take a deep breath, hold for a few seconds and exhale; leave the situation; squeeze a soft rubber ball
I drink coffee	Drink water or juice, avoid coffee for a few days
I drink alcohol	Try non-alcoholic drinks, avoid the situation
<b>I feel like smoking when:</b>	<b>Instead of smoking, I will do this...</b>

## Getting Ready to Quit (Continued)

3. Think about who is going to support you in your quitting process. (for example: your doctor, friend, family member, partner, public health nurse, counsellor)

Who can I count on for support?

1

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2

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3

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4. Decide how you will quit smoking. Some ideas for your plan:

- Delay your first cigarette of the day
- Cut down the number of cigarettes smoked each day
- Quit without cutting down
- Quit with a friend.

**My plan**

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# Quitting

Now is the time to put your plan into action and set a quit date. On that day, throw away all your cigarettes and ashtrays. Be prepared for withdrawal symptoms but also remember to reward yourself. Here are a few tips to use to help you be smoke-free.

## 4 A's to resist temptation:

- Avoid situations or people that may tempt you to smoke (See page 19).
- After the situations, walk away or change your plans.
- Accept the situation if you cannot change it.
- Alternatives - use a stress ball, eat fruit, go for a walk or chew sugar-free gum.

## 4 D's are easy to learn:

- Delay the cigarette. A craving only lasts a few minutes and will pass quickly.
- Deep breathing will help relax you.
- Do something different to delay and distract (for example, hold a pencil or doodle, chew on a straw, brush your teeth).
- Drink water and other non-alcoholic drinks. Drinking water will not only keep your mouth busy but will also help you keep a healthy weight.

### FACT

Avoiding the sight and smell of cigarettes makes it much easier to deal with cravings and resist urges.

# How to Cope with Withdrawal Symptoms

Nicotine is very addictive, so when you quit smoking you may feel some withdrawal symptoms. Withdrawal symptoms are often signs that your body is healing and will disappear in a few weeks.

**Here are some tips to cope.**

<b>Withdrawal Symptoms</b>	<b>How to cope?</b>
Feeling moody and grumpy	Try relaxation exercises, take a break, don't be too hard on yourself, ask others to be patient with you, listen to music.
Trouble sleeping	Cut back on your caffeine intake, get some exercise during the day, read a book or watch TV, drink warm milk.
Coughing	This is a sign that your lungs are clearing. Sip warm water.
Constipation	Drink lots of water, eat fibre-rich foods like fruits, bran, and vegetables.
Oral cravings	Eat healthy snacks like carrot and celery sticks, chew sugar-free gum, brush your teeth.

# How to Cope with Withdrawal Symptoms

**Here are some tips to cope** (Continued).

<b>Withdrawal Symptoms</b>	<b>How to cope?</b>
Hunger	Snack on fruit, vegetables, pretzels, or popcorn; drink water.
Headaches	Take a break, take a nap, go out for some fresh air.
Dizziness	Sit down. It will pass in a few seconds.
Trouble concentrating	Take a break, get lots of rest.

**Remember, thinking about yourself as a non-smoker is one of the keys to becoming a non-smoker.**

## **FACT**

It is never too late to quit smoking. Stopping smoking at anytime during your pregnancy can help your unborn baby get the oxygen needed to grow.



# Staying Smoke-Free

## You are a non-smoker now.

- Remember your plan and stick to it
- If you slip and have a cigarette, don't give up
- Get support from family and friends
- Reward yourself and celebrate
- Tell others about how good it is to be smoke free

## 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

**A slip is not a failure.**



## IDEAS

Go shopping • Get your nails done  
Go to the movies • Go out for dinner

## DID YOU KNOW

Hamilton's prenatal groups are a great way to meet new friends who don't smoke!

# Staying Smoke-Free (Continued)

## Rewarding Yourself

It is hard work quitting, so be easy on yourself. Reward yourself with the money you have saved from not buying cigarettes. You deserve it!

“With the money I have saved, I am going to”

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**CONGRATULATIONS!**

You have made a decision to change your life. Now you and your baby can be smoke-free.

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.

# When Friends & Family Smoke

**Being around someone while they are smoking can increase your risk of having a cigarette. Here are some tips to help you deal with others smoking around you.**

- Ask partner or family member to quit with you and become your “quit buddy”.
- Ask others not to smoke around you.
- Ask friends and family not to smoke in the house.
- Make your home and car smoke free.
- Leave the room when others light a cigarette.
- Plan ways to distract yourself when someone else is smoking.
- Keep your hands and mouth busy.
- Spend more time with people who don’t smoke and in places that are smoke free.

## **DID YOU KNOW**

Shopping malls, recreation centers, city parks and restaurants are just some of the great smoke free places in Hamilton!

## After Your Baby is Born...

### Is it ok to smoke after the baby is born?

**No.** Even after the baby is born, smoking and second-hand smoke can affect the health of your baby. It is important to make your home and car smoke-free while you are pregnant and after your baby is born. Ask others not to smoke around you and your baby.

Second-hand smoke is more harmful to babies because babies don't have mature immune systems and their lungs are not fully developed.

#### FACT

Children whose parents smoke are twice as likely to become smokers as compared to children whose parents are non-smokers.



# Where You Can Get More Help

- 1** Quit Smoking Clinic      905 540 5566 Ext. 1
- 2** Health Connections      905 546 3550
- 3** Smokers' Helpline      1 877 513 5333 • [smokershelpline.ca](http://smokershelpline.ca)
- 4** Pregnets      [www.pregnets.org](http://www.pregnets.org)
- 5** Motherisk Helpline      1 877 327 4636
- 6** Health Care Provider/Pharmacist \_\_\_\_\_

**For general health information, please call**  
City of Hamilton's Health Connections at **905 546 3550**.

**To register for prenatal classes, please call**  
City of Hamilton's Prenatal Line at **905 546 3591**.



## Sources of Information

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Hamilton

For More Information:

Ph: **905 540 5566 Ext 1**

**[www.hamilton.ca/tobacco](http://www.hamilton.ca/tobacco) • [tobacco@hamilton.ca](mailto:tobacco@hamilton.ca)**

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