

# Staying Smoke-Free with a New Baby

A new baby brings many changes. These changes can cause stress and make you want to smoke again. Ask yourself these things to help you stay quit for good:

## How do I feel about not smoking?

- We hope you feel proud! Every cigarette you did not smoke while pregnant has helped your baby. And every cigarette you do not smoke from now on helps you and your family.

## How have I been able to give up cigarettes?

- You may think that your baby is the only reason you quit. Think again! The baby helped, but you are the one who did the work.

## Do cigarettes still look good to me?

- They might look good, even long after you've quit. Remind yourself why you quit and how you have been able to stay quit. Keep doing those things!

## How can secondhand smoke affect my baby?<sup>1</sup>

- It can cause lung problems, ear infections, and asthma. It can also put babies at risk for sudden infant death syndrome (SIDS) and cause them to have trouble learning in school.

## What about my needs?

- As a parent, it is easy to get busy with the needs of the baby and do little for yourself. This can make you feel upset, which can cause you to smoke again. To make sure your needs are met, plan ahead and ask for support!



Go to page 2 to make a support plan!

Call for **FREE** help to quit smoking!

ENGLISH: **1-800-300-8086**

SPANISH: **1-800-600-8191**

<sup>1</sup> American Cancer Society (2015). *Health Risks of Secondhand Smoke*.

# PLAN FOR SUPPORT

Think about people in your life who can help after the baby comes. Fill in the plan below.

## HELP WITH THE HOUSE

**Who can help:**

**Name and Phone Number**

Bring meals to my home?

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Clean my house?

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Pick up food and do other errands?

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## HELP WITH THE KIDS

**Who can help:**

**Name and Phone Number**

Watch my other kids once a week?

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Take care of my baby while I nap or do an errand?

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Drive my other kids to school or practice?

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## TAKE CARE OF MYSELF

How will I make sure I get the rest I need?

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What friends/family can I call when I want to hang out with other adults?

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What can I do that is fun?

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**PUT THIS LIST ON YOUR FRIDGE OR IN A PLACE WHERE YOU CAN SEE IT!**