Staying Smoke-Free After Your Baby Is Born

You may have quit smoking awhile ago. But now is a great time to think about keeping up your success. A new baby brings lots of changes. Planning ahead can help you deal with any stress that might cause you to start smoking again. Ask yourself these questions:

How have I been able to give up cigarettes?

If you believe the only reason you've been able to give up cigarettes is because of the baby, think again. The baby may have helped you feel more motivated. But you are the one who did the work.

Do cigarettes still look good to me?

It's not unusual to have cigarette cravings even long after you've quit. But giving in to the temptation is not the answer. Remind yourself why you quit in the first place and how you've been able to stay quit. Keep doing those things.

How do I feel as a pregnant woman who doesn't smoke anymore?

You should feel proud. Every cigarette you have not smoked while pregnant has improved your baby's life. And every cigarette you don't smoke from now on helps you and your family.

What do I need to know about secondhand smoke?

To keep your motivation high after the baby is born, it may help to know that children exposed to secondhand smoke have more ear infections, allergies, and asthma. They are also at greater risk of sudden infant death syndrome (SIDS) and have more difficulty in school.[1]

What about my needs?

As a mom, it's easy to get caught up with the needs of the baby and leave little for yourself. This can lead to frustration and resentment. These feelings can strain relationships and put you at higher risk to smoke again. To make sure your needs aren't forgotten, plan ahead and ask for support.

<<< *Turn over to make a plan.* >>>

[1] *American Cancer Society. (2014, February 11). Secondhand smoke. Retrieved from http://www.cancer.org/cancer/cancercauses/tobaccocancer/secondhand-smoke*

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Planning for Support

As a new mom it's easy to think only of the needs of your baby and forget to take care of yourself. Make sure to focus on your own needs, even when you are busy with the baby.

Use this worksheet to plan ahead for help you might need. And choose people who might be willing to lend a hand.

GETTING HELP WITH THE HOUSE

Is there someone who can:	**Name and Phone Number**
Bring meals to my home in the first week?	_____
Help with house cleaning?	_____
Pick up groceries?	_____

GETTING HELP WITH THE CHILDREN

Is there someone who can:	**Name and Phone Number**
Watch my older children once a week?	_____
Be trusted with my new baby while I nap or run an errand?	_____
Drive my other children to activities or school?	_____

TAKING CARE OF MYSELF

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

_____

What friends/family can I call when I want some contact with other adults?

_____

What can I do that is fun?

_____

Call and ask your friends and family for help now, so they can plan to be ready when you need them. Put this list on the refrigerator or someplace where you can easily find it.

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