

FOREVER  
*FREE™...for Baby and Me*

A Guide To Remaining Smoke Free



Booklet 1: An Overview

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*Congratulations on quitting smoking! You have taken one of the most important health steps that a woman can take. The fact that you asked for Forever Free for Baby and Me means that you want to stay smoke-free for you, your baby, and your family. You can succeed! Your commitment, along with the Forever Free for Baby and Me booklets, should increase your chance of success!*

## **About *Forever Free for Baby and Me***

You deserve double congratulations. Both for your pregnancy and for quitting smoking! Quitting smoking is the best thing you could have done to improve your health, the health of your baby, and the health of those around you. Your baby is developing healthier because you quit smoking.

The goal of *Forever Free for Baby and Me* is to help women like yourself to stay off cigarettes. Women who quit smoking because they are pregnant often find it hard to stay smoke-free, especially after the baby is born. That is why we have created this program for you!

Much research has been done to learn why some people can stay off cigarettes for good while others go back to smoking. This research has been used to develop programs to help ex-smokers stay off cigarettes forever. This type of program is called "relapse prevention." Relapse means that a person goes back to smoking. Thus, our program is aimed to help prevent relapse and to help you stay off cigarettes even after you have your baby.

Similar booklets, called *Forever Free*, have been found to prevent relapse among smokers in general. This version, called *Forever Free for Baby and Me*, has been updated just for pregnant women and new mothers.

We ask that you read the *Forever Free for Baby and Me* booklets and then save them. Some of the information may be a review for you; other information may be new. We ask that you read the booklets often. Then, you will be **prepared** if you have an urge to smoke again.

This first booklet is a general overview about quitting smoking. Some parts of the booklet will mean more to you right now than other parts. And some information will become more important after you have your baby. This booklet will give you a sneak preview of what's to come in the later booklets. This is the longest book, so it is okay to read it over several days if you'd like.



**CONGRATULATIONS!**

## Seven Facts About Smoking and Quitting

### FACT 1: NICOTINE IS ADDICTING.

We now know that most smokers are physically addicted to nicotine. If you smoked a half a pack or more per day, chances are you were addicted to nicotine. As your body became used to the effects of nicotine, you slowly smoked more and more. When you stopped smoking, your body had to get used to **not** having nicotine in it. This often feels bad. It is called **nicotine withdrawal**. Common withdrawal feelings that you may have felt when you quit were:



- ◆ lightheadedness (feeling dizzy)
- ◆ headache
- ◆ sleeping problems
- ◆ nausea (sick to your stomach)
- ◆ decreased heart rate
- ◆ depression (feeling sad)
- ◆ craving for cigarettes
- ◆ irritability (feeling grouchy)
- ◆ increased appetite
- ◆ anxiety (feeling tense)
- ◆ poor concentration or attention
- ◆ constipation

Some smokers say they enjoy the taste of a cigarette. Although the taste of cigarettes does vary based on the cigarette brand, studies show that when nicotine is taken out of cigarettes, smokers no longer like the **taste**. So, even taste is related to nicotine addiction.

Physical addiction, like nicotine withdrawal, is an important reason that many women have trouble quitting. Withdrawal does not feel good. It is very tempting to smoke to reduce the effects of withdrawal. Smoking a cigarette may help, but only for a short time.

As your body gets used to not having nicotine, these feelings do go away. After a week or so of not smoking, most of the feelings will have stopped. Having cigarettes, even one, during this time only makes withdrawal longer and harder.

## FACT 2: SMOKING IS A HABIT.

Physical addiction is one reason that women keep smoking. Another important reason is called **habit**. When you first quit smoking, you may have found that you reached for your pocket or your purse to get a cigarette. That is a habit. You may have had strong cigarette cravings when you drank a cup of coffee or talked on the phone—times when you often smoked in the past. This is also a habit. You may have found times and places which led to urges to smoke after you quit. These times become **triggers** (or signals) for urges. As time passes, these triggers will weaken (*if you do not smoke*). Remember, the urges will go away as you break the habit.



## FACT 3: SMOKERS USE NICOTINE TO CONTROL THEIR MOODS.

Smokers learn that cigarettes can help control their moods. They become very good at getting just the right amount of nicotine to get the right effect. With time, smokers use cigarettes more and more to control their moods. When they are tense, they have a cigarette. When they are sad, they have a cigarette. When they are angry, they have a cigarette. Over time, they want a cigarette when they want to change their mood. This happens a lot in times of stress. This is another reason why many smokers have trouble quitting. In times of stress, they want a cigarette, and they may not know how to deal with stress without smoking. Think about yourself. Have you smoked when you are stressed?

## FACT 4: QUITTING SMOKING CAN BE HARD.

Smoking is a hard addiction to give up. Most alcohol and drug abuse patients say that smoking is the one addiction that they feel is most difficult to stop. For example, the famous psychologist Sigmund Freud gave up his cocaine addiction but could never stop smoking, despite 33 operations for mouth cancer. History also tells us that people who smoked were often punished (such as flogging, castration, death, and excommunication from the church). Yet none of these punishments worked to stop tobacco use. Even today, over 90% of quit attempts fail.

## FACT 5: PEOPLE DO QUIT SMOKING.

Despite the fact that nicotine is very addicting, millions of people **have** quit smoking. It can be done! People can succeed, even if they need to try many times. Half of the people in the United States who ever smoked have now quit.

## **FACT 6: QUITTING SMOKING IS A LONG-TERM PROCESS.**

There are several stages to quitting smoking (see page 6). A mistake that smokers often make is to think that the job is done after a week or two, when most withdrawal feelings end. In fact, many smokers who make it to that point still end up smoking later on. But, there are steps you can take to help you stay smoke-free.

## **FACT 7: QUITTING SMOKING IMPROVES YOUR BABY'S HEALTH, YOUR HEALTH, AND YOUR QUALITY OF LIFE.**

There is nothing that causes more death and disease in the USA than tobacco smoking. Over 440,000 Americans die each year from diseases due to smoking. That's more deaths than are caused by alcohol, cocaine, heroin, car accidents, homicides, suicides, fires, and AIDS **combined!** Smokers are nearly 3 times as likely to die before age 65 as are nonsmokers. They have 3 times the risk of heart disease and 10 times the risk of lung cancer. Smokers are also at increased risk for many cancers, breathing diseases, and ulcers. The good news for you is that your health begins to get better as soon as you quit smoking. The carbon monoxide in your blood goes down, your heart rate and blood pressure decrease, and your lungs start to get clean. Also, if you go ten years without smoking, your risk for the diseases listed above returns to nearly the level of someone who never smoked! Think about that.

After just ten years of being smoke-free, you may be able to make up for all those years that you smoked. Of course, this is only true if you quit smoking before any of these diseases start. But even if you have become ill due to smoking, quitting slows down your illness and it can also make you feel better. To repeat what we said earlier: *By quitting smoking, you have taken the most important step that most people can take to improve their health!*



By quitting smoking, you have also improved the health of your unborn baby. Smoking during pregnancy slows the growth of the developing baby (fetus). As a result, important fetal organs, such as the brain and the lungs, do not develop as well or as fully as they could. Pregnant smokers also have a much greater risk of a premature delivery and their babies have twice the risk of being born with a low birth-weight. *(Remember that when a pregnant woman smokes, her unborn baby is also smoking.)*

## The Stages of Quitting<sup>1</sup>

*Quitting smoking does not happen all at once. It happens over time. Research shows there are stages to quitting:*

### STAGE 1: CONTEMPLATION.

This is when you first start thinking about quitting smoking. You are not sure, but your reasons for quitting are adding up. You are starting to think that your life and your baby's life would be better if you did not smoke.

### STAGE 2: PREPARATION.

This is the stage when you decide to try to quit smoking. You are thinking more and more about quitting. You think of a quitting plan. Your plan may include quitting on your own or seeking help (joining a group, using a nicotine patch, reading a self-help book, etc). You may decide to slowly reduce your smoking or to quit "cold turkey." Then, most importantly, you pick a quit date—the first day that you will go without any cigarettes!

### STAGE 3: ACTION.

This is it! You try to quit smoking! If you have prepared well, you have made plans that make quitting easier. You have set your schedule so that you have fewer urges to smoke. You are avoiding as much other stress as possible the first few days. You have bought healthy food to eat when you have an urge to smoke. You have told friends that you have quit in order to get their support. You have thrown away all your cigarettes and smoking materials so that you are not tempted to smoke when you see them. (By the way, this is very, very important to do.)

This is also the stage when you will have nicotine withdrawal. For most people nicotine withdrawal usually lasts about a week if **you do not smoke**. It will be harder and last longer if you do smoke. This is the stage when you are excited about quitting smoking, and when you spend much of your time thinking about quitting. How long does the action stage last? It depends on the person, but it is about six months on average. During this stage, urges to smoke are very strong at first. They will become less strong over time.



## STAGE 4: MAINTENANCE.

This is the last stage for a successful quitter. It begins about six months after quitting smoking. This happens slowly rather than as a quick change. By this stage, life is pretty much back to normal. You find that you hardly ever think about smoking. Urges occur far less often than in the past. You can deal with them pretty well. They are not like when you first quit.

But this stage has risks too. One of them is feeling too confident. Ex-smokers must be prepared for urges. Urges may occur at times of stress (e.g., loss of job or death of a family member) or at happy times (e.g., at a wedding). As time passes, even these risks get smaller and smaller.

One ex-smoker compared these last two stages to being in the army. She said that the action stage (Stage 3) was like fighting a battle. She was ready to go. It was scary but exciting. In contrast, she said that the maintenance stage (Stage 4) was like being on guard duty. Most of the time everything was all right, but she never knew when an attack (urge) would come. She had to be ready in case an urge to smoke would sneak up and take her by surprise.

## STAGE 5: TRANSITION.

Women who quit smoking during their pregnancy will also go through a stage of transition. This is the time right after giving birth when you change from pregnancy to motherhood. The time before and after a new baby arrives has many challenges for a woman who is trying to remain smoke-free. Many women quit smoking for the health of their baby. But, after delivery, they find it hard to stay quit. For this reason, we have an entire booklet that talks about this time of transition (Booklet 5).

The information in this *Forever Free for Baby and Me* packet is meant for ex-smokers who are in the **action, maintenance,** or **transition** stages of quitting. There is one other stage that should be mentioned—the **relapse stage**. This stage can occur anytime during these other stages. It happens when an ex-smoker returns to regular smoking. The relapsed smoker returns to an earlier stage of quitting and then tries again to quit.





## WHERE ARE YOU NOW?

These five stages describe the typical smoker who is trying to quit smoking forever. Not all pregnant women plan to quit smoking forever. Some are quitting only for their pregnancy, and they plan to start smoking again after they have their baby. They are *stopping* smoking rather than *quitting* smoking. Many pregnant women are somewhere in-between these two goals. What are your plans? Use the scale below to circle where you are right now:

I am only stopping smoking while I am pregnant	I am not sure	I want to quit smoking forever
0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10		

We hope that you circled a number near 10. This would mean that you want to stay smoke-free even after your baby is born. But we also understand if you're not quite ready to make that kind of commitment. Many women start off near the low end of this scale. At first they stop smoking only for their pregnancy. They may even look forward to smoking again after they give birth. But over time they slowly move up the scale. They learn more about the benefits of staying away from cigarettes even after the baby is born. And they become more confident that they can quit forever. We hope that these ***Forever Free for Baby and Me*** booklets will help you move up this scale, so that you decide to quit smoking for good. The booklets should help you reach that goal.

Source:

<sup>1</sup> Modified from Prochaska, J. & Di Clemente, C.C. (1983). *Journal of Consulting and Clinical Psychology*, 390-395.



## "Risky" Situations for Ex-smokers

There are certain situations that are likely to cause urges to smoke in ex-smokers. We know this because we have asked hundreds of ex-smokers who returned to smoking, "What happened when you started smoking again?" Ex-smokers need to be aware of these risky situations. We believe that being "forewarned is forearmed." Think about risky situations ahead of time because they are likely to trigger urges to smoke. Even if these situations don't cause urges for you now, they may do so after you have your baby. What are some of these risky situations?

### 1. HABIT SITUATIONS (TRIGGERS)

These are situations in which you used to smoke. They are very much related to the act of smoking, so they tend to cause urges to smoke. As these situations occur, and you do not smoke, the urges get weaker and weaker. Within a few weeks after quitting you will have had many of these situations enough times without smoking to get rid of most of these urges. For example, situations such as drinking coffee, talking on the phone, driving your car, after a meal, and seeing other people smoke should get much easier. However, every once in a while, these things may still cause an urge. This fact is especially true for new moms who may not have been in some of these habit situations since their pregnancy.



More risky are those situations that you do not have very often, but that are closely tied to your smoking. For example, you may have a smoking friend or relative with whom you used to smoke, but who you have not seen since quitting. The first time you see this person—even if it is many months after quitting—you may have a strong urge to smoke. Or, if you always smoked cigarettes while drinking alcohol, but you have not had a drink since becoming pregnant, you may have urges to smoke the first few times you have a drink after the baby is born. **Once again, as you do these things without smoking, the urges will fade away.** In this example, you should soon be able have a drink without thinking of cigarettes.

## 2. STRESS AND NEGATIVE MOODS

These are special types of habit situations, as stated before. But, they are so **risky** that they need to be stated again. How risky are they? Most smokers who went back to smoking did so because of stress and negative mood. You may have learned to deal with stress by smoking. So, when you have stress after you quit, you may want a cigarette.

What kind of stress causes urges? During the first few weeks of quitting, even small stresses can lead to urges. This can be a hard time for pregnant women and new mothers. As you get ready for the birth of your child and get used to the demands of motherhood, you may feel more stress. You are trying to balance a lot of things and may not be getting sleep and rest. You may also find that your mood changes more easily. These new stresses may trigger an urge to smoke. However, as time goes on, it tends to take larger and larger stressful things to cause relapse problems.

*Some examples of stresses that have led to relapse are:*

### DAILY HASSLES:

- ◆ getting a traffic ticket
- ◆ fight with partner
- ◆ bad day at work
- ◆ overdue bills
- ◆ problem with the children

### MAJOR LIFE EVENTS:

- ◆ starting a new job
- ◆ breakup of marriage
- ◆ having a baby
- ◆ a serious injury
- ◆ death of a loved one



Of course, some of these events are quite serious. When they happen, you will have other things to think about besides staying off cigarettes. You may want to smoke because you might remember how cigarettes helped you deal with stress in the past. And besides, starting smoking again may seem like a small problem compared to the current situation. **The urge to smoke may be very strong!**

In most cases, things will begin to look better within a few hours or days after you experience the problem. If you smoked during the crisis, you might think that smoking helped you to get through this time. In fact, it only gave you one more problem and one more reason to feel bad.

**One woman told us about the death of a much-loved pet:**

*"When Sadie, our dog of 12 years, passed away, I was so sad. It was very hard to come home to an empty apartment, and I really missed our daily activities – taking walks, playing ‘fetch’ with her. In the past, I had often smoked when I was depressed or feeling lonely, and it was really tough not to give in to the temptation after Sadie died. But, each time I had a strong urge, I would force myself to take a walk, clean the kitchen, play with my daughter, read a book – anything to get my mind off of smoking. As I got used to life without Sadie, my urges slowly lessened. Now, I am so glad that I was able to remain smoke-free. I know that if I had started smoking again, I would have felt worse, not better, in the long run."*

Like stress, negative moods can cause urges to smoke. Among the common moods are depression (feeling sad), anxiety (feeling tense or nervous), anger, and boredom.



### 3. POSITIVE MOODS AND CELEBRATION

Besides negative moods, very positive moods can also lead to problems. In the past how did you react to good news? Did you smoke? Good times can cause urges to smoke once you quit. One out of four (25%) relapsed smokers told us that they started smoking again when they were feeling really happy or relaxed. Events like weddings and parties can be very risky because there may be other smokers around. Also if you drink alcohol (see next paragraph), the early effects of the alcohol may feel so good that you do not want to fight urges to smoke.

### 4. ALCOHOL

Many women wisely avoid alcohol during pregnancy for important health reasons. After the baby is born, if they find themselves in drinking situations again, it can be risky. Nearly half of the smokers who relapsed told us that they had been drinking alcohol during or right before starting to smoke again. Why is alcohol so risky? There are a number of reasons: (1) habit—you are used to smoking when drinking alcohol; (2) after a few drinks it is harder to resist; (3) cigarettes are often available at the places where people drink (bars, restaurants, bowling alleys, parties).



We are not saying that you need to avoid all these risky situations all your life. Our advice is just the opposite. You probably should avoid these risky situations during your first week or two after quitting. (In the case of alcohol, you should avoid drinking throughout the course of your pregnancy.) After that point, the only way that the urges will go away is if you do go through those situations without smoking.

Our advice is that you prepare for risky situations as well as you can. Think about how you can deal with them. If you can plan ahead for a risky situation (such as going out with smoking friends), know that you may have strong urges. Plan for them. More details about dealing with urges are coming up in the next section.

## How to Handle Urges to Smoke

Urges, or cravings, for cigarettes are a normal part of quitting smoking. Some women worry that they will have urges to smoke for the rest of their lives. This will *not* happen. When you first quit you had strong urges for about a week or so. Then the urges should have slowly gone away. They should have started occurring further apart and less strongly. Now, some women report that urges temporarily increase after they deliver. But, remember, these urges will not last long if you stay off cigarettes.

Most women also notice a change over time in the types of urges to smoke that they experience. Early on, cravings are part of withdrawal. They are often described as being physical. Ex-smokers feel the craving in their chest or heart or throat. As physical withdrawal goes away, ex-smokers often describe urges as being more emotional. They have habit-related urges, and at times they miss smoking. Later, ex-smokers tend to describe their urges as thoughts or memories of smoking that are easier to handle and that go away fast.



The good news is that urges will lessen until they go away. They will tend to get milder and easier to handle. But, as we stated before (see "Risky Situations for Ex-smokers"), even after you have quit for weeks and months, stress, negative and positive moods, alcohol, and other situations can produce strong urges to smoke. This is especially true if you have not had these situations much since quitting. These urges will be rare: you may go weeks or months without any urges. But when they do occur they can be very risky because they are unexpected. Thus, urges after quitting can be a bit like a roller coaster: lots of ups and downs before the urges end at last.

It is important that ex-smokers keep finding ways to deal with urges to smoke—even months after quitting. Researchers have compared successful and unsuccessful quitters to find out what makes them different. What do successful quitters do?

The successful quitters use **coping skills** when they have an urge. A coping skill is something that gets your mind off the urge. There are two main kinds of coping skills:

**1. BEHAVIORAL COPING SKILLS** - actions that you take or can do.

Examples include:

- ◆ Leave the situation
- ◆ Take a deep breath
- ◆ Carry and chew gum or mints
- ◆ Eat something healthy  
(such as fresh vegetables or fruits)
- ◆ Go for a walk
- ◆ Carry a water bottle
- ◆ Call a friend
- ◆ Exercise (as approved by your doctor or healthcare provider)
- ◆ Brush your teeth or rinse with mouthwash
- ◆ Play with your child



**2. MENTAL COPING SKILLS** - things that you tell yourself.

Examples are:

- ◆ Tell yourself, "I can do it. Smoking is not an option."
- ◆ Think of the reasons you wanted to quit (such as saving money and avoiding the smell of smoke).
- ◆ Think of how much progress you have made so far.
- ◆ Tell yourself that smoking will not solve the problem.
- ◆ Think about what smoking does to you and your baby's health.

Are some of these coping skills better than others? Research shows that it doesn't matter **which** coping skills you use, just as long as you use some. It also seems to help if you use **both** behavioral and mental coping skills when you have an urge. That means, tell yourself something and also take some action.

## **What does not work?**

Research has found that ex-smokers who try to rely on "willpower" alone tend to fail. Those are the ex-smokers who just say, "I'm not going to smoke," but do not do anything to take their mind off of cigarettes. At some point they get worn down by urges. The other people who tended to fail are those who "beat up" on themselves for having urges to smoke. They told themselves things like, "I am weak for wanting a cigarette," or "I will never get over wanting to smoke." Those kind of thoughts just made them want to smoke even more, and they did.



Take some time to think about some coping skills that you could use if you were to have a strong urge to smoke tomorrow. Think about this ahead of time. Be prepared to stay quit! You can do it!

*Write down at least two coping skills of each type that you will use when you have a strong urge to smoke:*

BEHAVIORAL: 1. \_\_\_\_\_  
(What I can do.)

2. \_\_\_\_\_

MENTAL: 1. \_\_\_\_\_  
(What I can say.)

2. \_\_\_\_\_



## **A Nonsmoking Life**

So far, we have asked you to think about risky situations that may lead to strong urges to smoke. You should think about how you can use coping skills if and when you do have those urges. Also, ex-smokers often find that staying quit is easier if they make changes to their lifestyle. Some questions that you might want to ask yourself are:

### **Do I need better ways to deal with stress?**

All of us have stress in our lives. As you know, the time of your pregnancy and the months after delivery can be highly stressful! Most smokers have learned to deal with stress in part by having a cigarette. And, as we have stated, stressful times are a big risk factor after quitting smoking.

**If you no longer have cigarettes to deal with stress, what else can you do? How would a non-smoker deal with this problem?**

#### **◆ *Deal with the problem right away.***

Smokers sometimes use cigarettes as a way to avoid dealing with a problem. Smoking puts distance between themselves and the problem, situation, or person. But it does not solve the problem that is causing the stress.

#### **◆ *Look at your life.***

Sometimes people find themselves getting very upset over problems that are really small. For example, a flat tire or a crying baby is frustrating, but it will not have any lasting effect on your life.

#### **◆ *Learn how to relax.***

Relaxation is a skill that many women have found useful. But it is a skill that requires practice and learning. Your library or bookstore should have books and tapes for you to learn more.



#### **◆ *Accept temporary stress.***

Once time passes, the problem will often seem less stressful.

#### **◆ *Get support from others.***

Talking to a friend or to other people with the same problems can be a great relief from stress. For those people who have more severe problems with stress and negative moods, a support group or counseling may be helpful.

## Do I have enough fun in my life?

By the later stages of your pregnancy you may be feeling like your baby couldn't come soon enough! However, now might be a good time to do some nice things for yourself that may be difficult once you begin caring for your newborn. These could include going to the movies, taking a day trip, or just taking a nap or a relaxing bath in the afternoon. Pregnancy can be physically and emotionally challenging, so you should reward yourself for making it to this point - you've almost reached the finish line! Until you do, try to slow down and enjoy the final days before your baby comes and take some much-needed time for yourself.



*We can look at what we do in our life in two ways:*

1. **Wants** - Things we enjoy doing.
2. **Shoulds** - Things we feel we have to do.

As time goes by, we tend to do more of the "shoulds" in our lives, and forget about the "wants." This fact can be very true for new mothers. Think about your "wants" and "shoulds." Are there things that you enjoy but have not been doing? These may be hobbies, social/family events, sports, reading, and so on. Before, smoking may have given you some pleasure (at a very high price). For example, many women report that smoking used to be the only time they took for themselves. Now that you have quit, try to bring your "wants" and "shoulds" back into balance by finding other (healthier) sources of pleasure. Although you will be busy while pregnant and after you have your baby, you also deserve to spend some time doing things that you like and enjoy.

*List three fun activities that you **want** to do more often:*

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

## **Am I worried about gaining weight?**

By the 3rd trimester of pregnancy, a woman often feels BIG and begins wondering if she will ever lose the weight she has gained. This is a perfectly normal feeling that most women have at this stage. Fortunately, once they have their baby, most women will return to their pre-pregnancy weight within the next 8 to 12 months.

Weight gain is also a common worry of many women trying to quit smoking. However, quitting during your pregnancy is an ideal time because you will be gaining weight as a healthy part of your pregnancy. On average, both nonsmokers and ex-smokers will gain about 25-30 pounds during pregnancy.

### ***Let's look at why ex-smokers in general often gain weight:***

1. While you were smoking, nicotine increased your metabolism in an unhealthy way. This burned calories. When you quit, your metabolism slows down to normal. For a while, it may even slow down below normal until your body gets used to being free of nicotine.
2. An increase in appetite (especially for fatty and sweet foods) is a common nicotine withdrawal symptom. It can also be a part of your pregnancy. Increasing the number of calories you eat during your pregnancy is both normal and healthy. Eating fresh fruits can satisfy your sweet tooth, while adding some calories and many good vitamins that you and your baby need.
3. As a smoker, you were used to having something in your mouth. For a while after quitting, many ex-smokers will eat food instead of having a cigarette, just to have something in their mouths.
4. When you are not smoking, food smells and tastes better. During your pregnancy, you may also find that your taste and smell increase. You may eat more because you enjoy it more.



Although weight gain during pregnancy is both normal and healthy, there are some things that you can do to avoid gaining excess weight after quitting smoking. These tips also can help you to lose weight after you have your baby.

1. Eat a healthy diet. Avoid junk food. Focus on snacks like fresh fruits and vegetables.
2. Exercise. No diet can work without exercise. Even a slight increase (such as taking a walk) can help. Exercise is also a way to relieve the stress you may be experiencing as the big day draws near. Many women enjoy swimming or spending time in a pool at this time. Being in water reduces the strain of the extra weight. It can make you feel lighter and more comfortable. After your delivery, it may take several weeks before you can return to your regular exercise routine. However, your doctor can provide you with a list of low-impact stretching exercises to tone and strengthen your weakened muscles. Please talk to your doctor before making any changes in diet or exercise to find out what is best for you during your pregnancy and after delivery.



Weight is only one part of your appearance. Also, think about how much more attractive you are as a nonsmoker. Your skin is healthier, your teeth whiter. You do not smell of smoke. And you are far more healthy and so is your baby!

## What If You Do Smoke?

As an ex-smoker, your goal should be to *never* have another cigarette. Many smokers fail because they tell themselves that they "can have **just one**." You must tell yourself that you cannot have "just one." This is even more true of cigarettes than it is of alcohol for alcoholics! Remember how addicting nicotine is. Research has shown that if you have even a single cigarette after quitting, there is a 90% chance that you will return to regular smoking! It might not happen right away. It may take a few weeks, but one cigarette almost always leads to another, and another... So, you should do whatever it takes to avoid having **any** cigarettes. This is very important.

But, what if you do end up having a cigarette? What then? Some women are afraid to read this part because they fear that it will make them think that it is OK to have a cigarette. But remember, if you do smoke, the odds are against you. We added this section to give you a fighting chance against those odds.

**Read on...**

Think of it like preparing for a fire. If you already have children, you may have taken the time to talk to them about what to do in case of a fire. They should know how to get out. They should feel doors for heat before opening them. They should roll on the ground if their clothes catch on fire. And so on. However, they also should know that a fire is very serious. Just because they now know how to get ready for a fire does not mean that it is OK to play with matches. They still need to **prevent** fires at all costs. The same is true for smoking. Avoid it at all costs, but know what to do just in case.



Two things tend to happen when people have a cigarette after quitting. First, they think that all is lost and, therefore, that there is no point in trying any longer. It is like the dieter who has that first piece of cake: "I have blown my diet, so I may as well eat the whole cake." Thinking like that only gets you into more trouble. A whole cake is worse than one slice, and a pack of cigarettes is worse than one puff.

The second thing that happens after a cigarette is that smokers tend to feel guilty and depressed. They tend to "beat themselves up." This makes them feel worse. And remember that one of the big risks is negative mood; this leads to an even greater urge to smoke, and then they often keep smoking.

**What should you do if you find yourself smoking a cigarette?**

1. Put it out. Get rid of any cigarettes.
2. Think of that cigarette as a "slip" instead of a "relapse." It does not have to mean that all is lost.
3. Make that cigarette your *last*. Do not put off quitting again until tomorrow, next week, or next year. The sooner you try to quit again, the easier it will be, because your body will not yet have gotten used to nicotine again.
4. Even though you may feel bad, do not "beat yourself up."
5. Learn from it. Ask yourself what led up to your smoking. You now know that this is a high risk situation. You will need to prepare for it in the future.
6. Use your coping skills to deal with urges to smoke.

## The Most Important Messages

You should be proud for quitting smoking and taking a step toward a better and longer life for yourself, your baby, and your family. Once again, congratulations!

We ask that you save this copy of *Forever Free for Baby and Me* as well as the other booklets you will get. Read them many times during the first year or two after quitting. The information may be more important at different times in your pregnancy or in the time after you deliver.

Here are the important points to remember from *Forever Free for Baby and Me*:

1. Quitting smoking is more than a decision that you made. It is a goal that you work toward every day. Be proud of what you have done so far. Give yourself credit for each step you take. And plan for a smoke-free future.
2. Remember the situations that are risky for you. Be prepared for them. Plan ahead!  
They may be:
  - ◆ Habit situations (things you used to do while smoking).
  - ◆ Stress and negative moods.
  - ◆ Positive moods and celebrations (such as parties).
  - ◆ Alcohol.
3. When having a strong urge to smoke, use coping skills to get your mind off smoking. Think of what you can do and what you can say.
4. Do not fool yourself into thinking, "I can have just one cigarette." Avoid smoking at all times.
5. If you do have a cigarette, take action right away to avoid having any other cigarettes. *Quit again at once.*
6. Think about quitting smoking for good. Staying smoke-free after you deliver is a gift for your baby and for you.

**Enjoy Better Health for You and Your Baby**

**Stay Smoke-Free!**

## Forever Free for Baby & Me

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