

M I C H I G A N  
E X P E C T A N T  
M O T H E R ' S  
Q U I T K I T



# HOW TO USE THE EXPECTANT MOTHER'S QUIT KIT



Think of the Expectant Mother's Quit Kit as you would think of your baby's diaper bag, loaded with everything a mother needs. But this diaper bag is filled with all the items you'll need to quit smoking for good. Instead of diapers and wipes, this diaper bag is filled with your reasons for quitting, your plan to quit, and your methods for staying tobacco-free.

There are three steps to go through in the Expectant Mother's Quit Kit.

**Step 1** — Offers facts about smoking that can help you quit.

**Step 2** — Will help you come up with a plan and prepare you to stop smoking.

**Step 3** — Is devoted to helping you stay smoke-free and making it easier for you to adjust to your new life as a non-smoker.

Each **STEP** is broken down into ten **PHASES**.

As you make progress toward quitting smoking, you complete **PHASES**. Each **PHASE** is assigned to a baby item so you know where you are within each **STEP** of quitting.

So open up your "**DIAPER BAG**", and start quitting!

# JUST THE FACTS, MOM

## WHAT'S IN STEP 1

THE FACTS - 

REASONS FOR QUITTING - YOUR BABY IS THE BEST REASON - 

SECONDHAND SMOKE & CHILDREN - 

EVER WONDER WHAT'S IN CIGARETTE SMOKE? - 

HERE ARE THREE OF THE WORST INGREDIENTS IN CIGARETTE SMOKE - 

YEAH BUT... - 

COMMON CONCERNS - 

REASONS FOR SMOKING - 

HEALTH REASONS FOR QUITTING - 

MORE REASONS FOR QUITTING - 

## STEP 1

# THE FACTS

I CAN  
DO IT.

## MI. FACTS

According to the 2004 U.S. Surgeon General's Report on smoking, women who smoke during pregnancy have a greater chance of complications, premature birth, low birth weight infants, stillbirth and infant death.

Source: U.S. Department of Health and Human Services. The Health Consequences of Smoking: what it means to you. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004

Knowing all the facts will help reinforce your decision to quit smoking so we've filled the following section with facts about the effects of smoking on your health, that of your unborn baby and those around you. You're probably familiar with a lot of the facts that are presented here, but you may find something new that will help motivate you to quit, for good. Don't forget your most important reason for quitting - your baby!



## REASONS FOR QUITTING

# Your Baby Is The Best Reason In The World To Quit Now!

If ever you had motivation to quit smoking, this is it. Chances are you received this Expectant Mother's Quit Kit because you are either pregnant now, or are planning on becoming pregnant soon. Quitting smoking is a great gift you can give to your child. The purpose of the Expectant Mother's Quit Kit is to help you prepare to quit successfully. More than 15 million Americans have managed to quit smoking in the past 10 years, and you can too! As you prepare to make this major change in your life, the Expectant Mother's Quit Kit will give you straight, useful advice to help you quit smoking for good. It offers you concrete tips on how to prepare yourself for quitting, what to expect, how to stay on track once you have quit, and how to adjust to life as a non-smoker.

While you're probably eager to get started, we suggest that you look through the whole kit now - before you start quitting - to be sure you're prepared for success. Research shows that people who rush ahead are less likely to succeed. You have to get your motivation up to 100% and make a plan ahead of time.



## STEP 1

I CAN  
DO IT.

### MI. FACTS

Smoking mothers produce less milk and their babies have lower birth weights.

### NOTES

## THE FACTS

# SECONDHAND SMOKE & CHILDREN

Each year, exposure to secondhand smoke causes 150,000 to 300,000 lower respiratory tract infections (such as pneumonia and bronchitis) in U.S.

infants and children younger than 18 months of age.

These infections result in 7,500 to 15,000 hospitalizations every year.





## THE FACTS

# SECONDHAND SMOKE & CHILDREN

### DID YOU KNOW?

1. Smoking during pregnancy could negatively affect a child's intelligence and could cause behavioral problems in childhood.
2. Chronic cough, wheezing, and phlegm are more frequent in children whose parents smoke. Children exposed to secondhand smoke at home are more likely to have middle-ear disease and reduced lung function.
3. Secondhand smoke increases the number of asthma attacks and the severity of asthma in children who already have the disease. Even worse, secondhand smoke can cause healthy children to develop asthma.
4. Exposure to secondhand smoke could negatively affect a child's mental development.
5. Children of parents who smoke are more likely to smoke as adolescents or adults compared to children of non-smokers.
6. A recent study found that infants are three times more likely to die of Sudden Infant Death Syndrome (SIDS) if their mother smokes during and after pregnancy. Infants are twice as likely to die from SIDS if their mother stops smoking during pregnancy and then resumes smoking following birth.

## STEP 1

I CAN  
DO IT.

### MI. FACTS

Smoking during pregnancy increases the risk of infant death and other poor outcomes associated with low birthweight.

### NOTES

# EVER WONDER WHAT'S IN CIGARETTE SMOKE?

You might be surprised – cigarette smoke contains over 4,000 substances, many are poisonous and known to cause cancer in humans. During pregnancy, the poisons in cigarettes get into the mother's lungs and bloodstream – and whatever gets into mom's blood is transferred to the baby. Tobacco companies don't have to list the ingredients in cigarette smoke, but if they did, it might look like this:



**Arsenic**  
found in rat poison



**Ammonia**  
found in toilet bowl cleaner



**Acetone**  
found in nail polish remover



## HERE ARE THREE OF THE WORST INGREDIENTS IN CIGARETTE SMOKE

**Nicotine:** This is a powerful poison. When you inhale nicotine in cigarette smoke, it narrows your blood vessels and puts a strain on your heart. Nicotine is also highly addictive.

**Tar:** This is what is left after you burn a cigarette. It gets through even the best filters and coats your lungs with soot, which contains the most harmful chemicals found in cigarettes. Tar is the major cause of lung cancer and other smoking-related cancers.

**Carbon Monoxide:** This is the same gas that comes out of your car's exhaust pipe. When your blood is loaded with carbon monoxide, it cannot carry enough oxygen to the organs that run your body. It is a leading cause of heart attacks and strokes.



## STEP 1

I CAN  
DO IT.

### MI. FACTS

Smoking during pregnancy accounts for an estimated 10% of all infant deaths in the U.S.

### NOTES

---

---

---

---

---

---

---

---

## STARTING A FAMILY

Beth, a medical technologist, and her husband, Rich, had been married for a few years when they decided to start a family. They were very excited. It didn't matter to them whether they had a boy or a girl; they just wanted a healthy baby. That's

"I realized that I needed to quit for my baby and myself."

when Beth decided that she needed to quit smoking. "I felt I needed to do the best thing for my baby before she was born." Working in the medical profession, she had seen the effects that smoking had on people, but was in denial about the effect it could have on her. But she knew it wasn't going to be just about her anymore. "I realized that I needed to quit for my baby and myself."

# PHASES →



## TESTIMONIAL

Beth's doctor helped her decide where to start. She used the three level nicotine patch system for ten weeks. The patch slowly weaned her body physically from the nicotine, so she could concentrate on the hardest part about quitting. "For me, the hardest part was changing the habit." She knew soon enough she would have plenty to keep her busy.

This was a huge change in Beth's life—for the better. "I used to center everything in my life around when I could smoke. Now I am free and proud to have two beautiful, healthy babies who also have a healthy mom!"



## STEP 1

# I CAN DO IT.

### MI. FACTS

Some studies suggest that smoking during pregnancy causes birth defects such as cleft lip or palate.

### NOTES

---

---

---

---

---

---

---

---

# YEAH BUT...

If you are like most smokers, you know all of the reasons for quitting. You've heard them over and over, you probably even agree that they all make sense. However, for every reason to quit you have most likely justified a reason for not quitting — reasons like these:

**“I don't need to quit — I'll just switch to light cigarettes, or smoke less.”**

This may seem like a good idea. Unfortunately, many people change the way they smoke when they move to a lighter cigarette. For instance, they may take deeper or more frequent puffs to get the amount of nicotine they need. These changes often affect the amount of tar they get from a cigarette and cancel out the benefit of smoking the lighter cigarette.

**“I feel sick when I don't smoke.”**

You aren't sick. These physical withdrawal symptoms you feel during the healing process will pass within a week or two (more about withdrawal symptoms will follow). They can be very uncomfortable, but the worst of them usually pass within a couple of days...and they certainly won't kill you.





# COMMON CONCERNS

## “If I quit now it will probably be too late.”

It's never too late! Quitting before you become pregnant is always best, but a woman who quits in the first three or four months of pregnancy can lower the chances of her baby being born premature or with health problems related to smoking. Your body has a great capacity to fix itself. Within a year, your risk of smoking-related heart disease will be cut in half. There is increasing evidence that no matter how long you've smoked, quitting reduces your risk of developing coronary heart disease, getting lung cancer, or having a stroke.

## “Quitting is just too hard.”

Quitting is hard. However, 15 million Americans have done it, including millions of heavy smokers! You can too!

## “I have tried to quit, and could not.”

Some people quit on their first try, but most do not. Most ex-smokers had to try more than once to quit.

## Have You Tried To Quit Before?

If you are one of the many who have tried to quit before and did not make it, you may be discouraged about trying again. Don't worry — you're not alone! Most people who have quit for good had to try more than once. This kit can help you prepare yourself so that you have the best chances for success.

And don't forget, quitting takes practice! Those other attempts at quitting taught you things about what does and doesn't work for you. That information can help you quit for good this time!

## TESTIMONIAL

### STEP 1

# CHANGING LIFESTYLE

I CAN  
DO IT.

## MI. FACTS

Infants exposed to secondhand smoke are more likely to develop asthma than infants who are not exposed to secondhand smoke.

## NOTES

---

---

---

---

---

---

---

It was the cigarette after dinner that almost did her in. Andrea, of Detroit, had been smoking since she was 16, and she smoked cigarettes for about 16 years. Then, she said she “just got tired of it.”

“Part of it was that smoking was not as acceptable as it used to be,” Andrea said. “At work, we had to go to designated areas to smoke, and there was a stigma attached to it. Also, none of my friends smoked, and well, it was smelly, too.”

Andrea smoked a pack a day. She had quit several times before, by going cold turkey, but it never lasted for more than about three days.

**“It was the habit part of it that was so ingrained in me, not the actual craving — once I broke that habit, I never had to have another one.”**

Then she tried the patch. She went through the prescribed routine — three levels of nicotine — and said she struggled all the way up to the last level. “I cheated,” she said. “Even when I was using the patch, I couldn’t get past smoking after dinner. I would take the patch off and have my after-dinner cigarette.”

“This went on for a month or so,” she said. “It was the habit part of it that was so ingrained in me, not the actual craving — I just had to have that cigarette after dinner. Once I broke that habit, I never had to have another one.” Still, she admits the danger of relapse is always lurking out there.

“I don’t miss smoking at all, but I know that if I ever put a cigarette in my hand, I would go back to it. So I just don’t do that.”

“I am prouder of this than of any other thing I have ever done,” Andrea said. “Before, I could never imagine myself without a cigarette in my hand. Now, I can’t imagine myself with one.”



# REASONS FOR SMOKING

## A Decision You Can Live With

Now you know the facts about smoking, and you know the reasons why many other people have quit.

It's more important now than ever that you quit. The life inside of you depends on it.

## Why Do You Smoke?

Check off the statements that you agree with:

- I smoke with my morning coffee.
- I smoke out of habit, or to have something to do with my hands.
- I smoke when I am sad, depressed, angry, bored, or frustrated.
- I smoke when I am happy, or feel like celebrating.
- I like the taste.
- Smoking calms me down.
- Smoking wakes me up, helps me concentrate.
- Smoking helps me control my weight.
- Smoking helps me organize my day.
- Smoking is an important part of my life.
- A cigarette is my best friend.
- I like to smoke at parties.

## I Smoke Because:

---



---



---



---

## STEP 1

I CAN  
DO IT.

### MI. FACTS

Tobacco use is the  
No. 1 preventable  
cause of death.

### NOTES

---

---

---

---

---

---

---

# HEALTH REASONS FOR QUITTING

Check off any of these health concerns that apply to you:

- I am worried about the increased risk of cancer.
- I am worried about not having enough energy to take care of my baby.
- I am worried about the increased risk of lung problems like emphysema.
- I am worried about the increased risk of a heart attack.



## STEP 1

# I CAN DO IT.

## MI. FACTS

Among women, lung cancer is the leading cause of cancer deaths.

## NOTES

---

---

---

---

---

---

---

---

# MORE REASONS FOR QUITTING

Check off any of these that apply to you:

- Cigarettes are expensive.
- When people see that I am pregnant and smoking, I feel guilty.
- I want to be a good role model for my children.
- I do not like the feeling that cigarettes are controlling my life.
- I do not want my children to breathe my smoke or copy my habit.
- I will have more money to buy my baby the things he needs.





# PLANNING TO QUIT?

## WHAT'S IN STEP 2

PREPARING TO QUIT - WHAT TO EXPECT - 

HOW HARD WILL QUITTING BE? - 

WHAT TO EXPECT WHEN YOU QUIT & WHAT'S GOING ON INSIDE - 

WHAT IF I GAIN WEIGHT? - 

PART 1: PLAN TO QUIT - 

MANY YEARS, THEN COLD TURKEY - 

PART 2: MAKING A PLAN & COPING - 

BE PREPARED - 

PART 3: SET A QUIT DATE - 

REMEMBER THE FIVE R'S - 

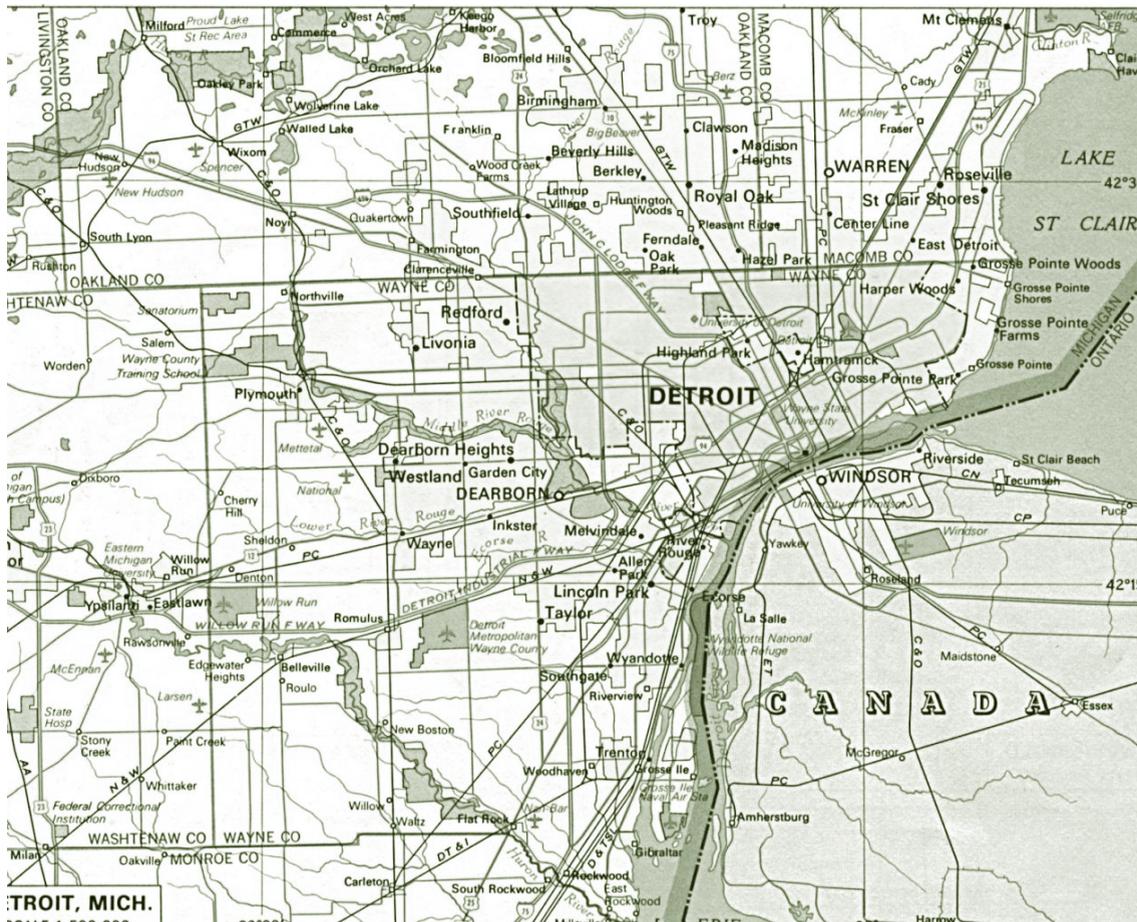
## STEP 2

### PREPARING TO QUIT:

# WHAT TO EXPECT

This section will help you plan your approach to quitting smoking. You can think of it as a map that will help plan your journey to a healthy new life as a non-smoker.

As you read through this section, you'll learn how to plan for different road blocks while your quitting. You'll begin to understand your own relationship with cigarettes so that you can map out the plan that's most helpful for you.



HERE IS  
MY PLAN.

## MI. FACTS

The smoking rate is higher among minority groups and low-income populations. The decline in smoking has been substantially slower in women than in men.

## NOTES



# HOW HARD WILL QUITTING BE?

We'll be honest: quitting isn't easy. Nicotine is addictive, and smoking is a powerful habit. On the other hand, the benefits of quitting are enormous:

**For you** — better health, longer life, and more money in your pocket.

**For your baby** — a greater chance for a healthy start. And if you stay smoke-free, a healthier childhood.

Quitting takes a great deal of work and determination. You can begin to understand the sort of work involved once you identify the three common challenges of quitting:

Nicotine is an addictive drug, and most people who quit experience **physical withdrawal symptoms**, or unpleasant signs that your body is overcoming its dependence on nicotine. Common withdrawal symptoms include headaches, nausea, drowsiness or trouble sleeping, and difficulty concentrating.

You probably use cigarettes to help you handle **emotions and stressful situations**, and you'll need to find ways of dealing with these situations without smoking.

Smoking is a **habit** that is hard to break.

Quitting is a big step. Your best defense is to be prepared. Think ahead to all the times and situations when you will want to smoke, and plan to do something else instead. This section can help you prepare.

## STEP 2

# WHAT TO EXPECT WHEN YOU QUIT

HERE IS  
MY PLAN.

### For A Few Days:

You may notice slight dizziness or light-headedness, a cough, or a runny nose. These symptoms are the first to pass while your body is healing.

### For A Week Or Two After Quitting:

This is when you can expect physical withdrawal symptoms such as headaches, sleepiness or trouble sleeping, increased phlegm, increased hunger, or digestive changes.

### For A Month Or Longer After Quitting:

Psychological cravings or urges to smoke usually last for a month or more, until the habit of smoking starts to fade. You will develop your own defenses against these urges.

## MI. FACTS

Approximately  
19,000 pregnant  
women smoke.

## NOTES



You will probably also feel increased stress and emotional pressure. Feelings of irritability and trouble concentrating are common. But if you are prepared, they won't overwhelm you. And remember, there are plenty of positive emotions associated with quitting! You have the confidence of knowing you are doing all you can to have a healthy baby. It's not an easy task, and you should be proud of yourself for having the courage to take it on.



## YOUR BODY IS HEALING

# WHAT'S GOING ON INSIDE

You'll probably start to feel better physically soon after you stop smoking. And with good reason — you are physically better! Here are just a few of the positive changes that take place when you stop smoking:

**A few hours after you stop smoking** — the oxygen in your blood increases to normal.

**One day after you stop smoking** — your risk of a heart attack starts to go down.

**Two days after you stop smoking** — your nerve endings start to repair themselves, so your senses of taste and smell begin to return to normal.

**Two weeks after you stop smoking** — your lungs are working 30% better than they did before you quit.

You Start Getting Healthier and Saving Money On Your Very First Day As A Non-smoker.

That's because:

Your **blood pressure** and **heart rate** are no longer elevated.

Your risk of smoking-related heart disease drops 50% in your first year as a non-smoker, and your risk of **lung cancer** decreases steadily.

Quitting smoking may lead you to other healthy behaviors such as **exercise** and **improved eating habits**.

Quitting smoking will save you **money**. Just look at the numbers for a pack-a-day habit:

$$\$4.50 \times 365 = \$1,642.50.$$

And the cost of cigarettes is going up, not down. Think of it as a bonus — and a double bonus if you're at two packs a day:  $\$4.50 \times 365 = \$1,642.50 \times 2 = \$3,285!$

## STEP 2

# WHAT IF I GAIN WEIGHT?

This is not the time to stress out about gaining weight. You know you are going to gain some weight with your pregnancy. Some people do gain extra weight when they quit smoking because smoking speeds up your metabolism, and it returns to normal after you quit. Pregnancy is not a time to diet. The best thing to do is to listen to your doctor's advice and follow these simple tips:

### Choose Healthy Snacks

You may find yourself snacking instead of smoking. Choose healthy snacks like fresh fruit, low-fat yogurt, fruit smoothies, raw vegetables, or low-fat cheese.

### Review Your Regular Diet

Make sure you're eating a healthy diet that's light on fat and includes plenty of fruits and vegetables.



HERE IS  
MY PLAN.

## MI. FACTS

Smoking kills up to 1,900 non-smokers each year in Michigan as a result of their exposure to secondhand smoke.

## NOTES

# PHASES →

1



2



3



4



5



6



7



8



9



10



## Exercise Regularly

Regular exercise is one of the best things you can do for your body. It strengthens your heart and lungs, makes you feel fit, and reduces your urge to smoke. Check with your prenatal care provider about an exercise program that's right for you.

## Start A Healthy Habit

A healthy lifestyle doesn't have to be a chore. A healthy lifestyle includes exercising and eating right. Many ex-smokers find that their new healthy lifestyle becomes a positive habit. It's easy to get used to looking better and having more energy!

## Don't Be Too Hard On Yourself

Gaining weight is natural when you are pregnant, and even if you gain a little extra because you quit smoking, it's still much healthier for you than continuing to smoke.



## STEP 2

### Smoking Cessation Programs

Many hospitals and local health departments offer smoking cessation programs. Ask your doctor about smoking cessation programs in your area or call your local chapter of the American Lung Association — it's listed in the telephone book. You can also design your own program based on what you know about your life, your reasons for smoking, and the obstacles that you think will be hardest for you to overcome when you quit.

## PART I

# PLAN TO QUIT

### Talk To Your Prenatal Care Provider!

Talk to your prenatal care provider about ways they may be able to assist you in your effort to quit smoking.

#### Going Cold Turkey — Quitting All At Once.

This is the healthiest way to kick the habit for pregnant women, even though in many ways it is the hardest.

#### Tapering Off — Gradually Reducing The Number Of Cigarettes You Smoke Each Day.

Research has shown that this method is usually less effective than going cold turkey, but may be easier for some. You may find it easier to reduce the number of cigarettes you smoke per day as your quit date approaches. However it is still important to set a date when you will give up smoking completely. And since every cigarette you smoke is doing you and your baby harm, the sooner you quit for good, the better.



PHASES →

1



2



3



4



5



6



7



8



9



10



# OTHER WAYS TO QUIT

You may have heard of other ways to quit—classes and self-help courses, acupuncture and hypnotism. But most of the millions who quit just do it, cold turkey. This kit can help you prepare and give you a greater chance of quitting once and for all.



**Michigan Guide to Quit Smoking Programs:**

**<http://www.michigan.gov/tobacco>**

**Free Michigan Tobacco Quit Line:**

**(800) 480-7848**

TESTIMONIAL

STEP  
2

## MANY YEARS — THEN COLD TURKEY

Amy, of Ionia, smoked a pack to a pack and a half a day before she went cold turkey. “In general, I am an all-or-nothing kind of person, so I never tried to quit until I was convinced that it was time,” she said.

Amy sought to replace smoking with other things. Now, for example, instead of smoking that first cigarette each day, she goes for a morning walk.

“When you think you want a cigarette, think again. Ask yourself, ‘What is it I really want? More sleep? Energy I should be getting from food?’ Once in a great while, I still have an urge to have a cigarette — but I can quickly figure out that it’s not a cigarette I want, and I know that there are other ways to meet my needs.”

HERE IS  
MY PLAN.

### MI. FACTS

Smoking during pregnancy can result in a miscarriage or having a premature baby.

### NOTES





# OTHER WAYS TO QUIT

Remember, no one program is perfect for every smoker who wants to quit. In fact, research has shown that you have the best chance of success if you use several methods together. Quitting is a very individual matter.

If your partner smokes, it is important to your success that they quit too. Research demonstrates that if your partner quits, your chances of staying smoke-free increases. Your chances for a relapse after the baby is born and during your pregnancy increases if your partner continues to smoke.

After reviewing your Reasons for Smoking, What to Expect, and Methods, think about the role smoking plays in your life and decide which methods will best help you quit for good.

My Methods Of Quitting Are:

---

---

---

---

---

---

---

---

---

---

## STEP 2

My solutions  
to help  
me cope

### PLANNING TO QUIT PART 2:

# MAKING A PLAN

Now that you have decided to quit smoking, it's important to prepare for it. Review the phase "What to Expect" — you'll need to prepare yourself for the withdrawal symptoms so there are no surprises. Being prepared is your best defense. This is very important. Anticipating problems ahead of time will give you the ammunition you need to deal with sudden cravings.

Make a list of problems and solutions (things you are going to do when you are feeling the urge to smoke). Be sure to include all of the situations where you usually smoke (e.g. driving, after a meal, talking on the phone). Then think of ways to deal with each situation without smoking.

Knowing what to do ahead of time will help you get through the times when the urge to smoke is strongest.

You can also expect some physical withdrawal symptoms for a week or two after you quit. On the next page is a list of difficulties that smokers often experience and some suggestions for effective ways of dealing with them. Which ones do you think will work best for you? There's also space for you to write in your own solutions.





# COPING

## Symptom:

## How I Will Cope:

Sudden craving for a cigarette

Take a few deep breaths  
Brush my teeth

Feeling irritable

Get away from everything for a minute  
Take a hot bath

Trouble sleeping

Read a book  
Call a friend

Trouble concentrating

Take a walk outside  
Take a break  
Lighten my schedule for a few days  
Remind myself that this will pass in a few days

Sleepiness

Get plenty of sleep  
Try to be more active  
Take a nap during the day if possible

Indigestion, gas or constipation

Drink plenty of fluids  
Make sure I'm getting enough fiber from foods like raw vegetables, fruit, and whole grains  
Try to get more exercise  
Ask my doctor about over-the-counter medicines that might help

Cough or a runny nose

Remind myself that these things are signs that my body is starting to repair itself from damage caused by smoking and that they'll go away within a few weeks. In the meantime, carry a tissue in my pocket.

## STEP 2

HERE IS  
MY PLAN.

### MI. FACTS

Smoking is a significant risk factor for cancer (especially lung cancer) and lung disease (including emphysema).

### NOTES

# BE PREPARED

Once you have decided to quit, start to think of yourself as a non-smoker. No matter which route you take to being a non-smoker, you can help yourself by anticipating some of the problems you might encounter and deciding what to do about them. You might even want to rehearse the scenes when you know you will be tempted to have a cigarette. Here are some alternative things to do when the urge to have a cigarette hits you.

**Have a snack:** Keep some low-fat treats, like pretzels or carrot sticks, on hand for when you crave a cigarette.

**Practice deep breathing exercises:** Breathe in slowly and deeply. Hold your breath and count to five. Breathe out slowly. Repeat five times. This has a calming effect and can help distract you from your urge to smoke.

**Drink water:** Water helps satisfy the need to put something in your mouth and your body — and it is good for you. Flavor it up with orange or lemon slices. Use a straw.

**Brush your teeth:** Keep a toothbrush handy when you go out and at work. Brushing your teeth will help distract you from your cravings.

### NOTE:

In some situations, it may be very difficult to find a good substitute for smoking. In that case, it's best to avoid that situation until your urge to smoke gets weaker.





## PLANNING TO QUIT PART 3: SET A QUIT DATE

It's best to set a date when you will stop smoking altogether. Set a specific date for no more than one week away and stick to it! Remember, every cigarette is hurting you and your baby.

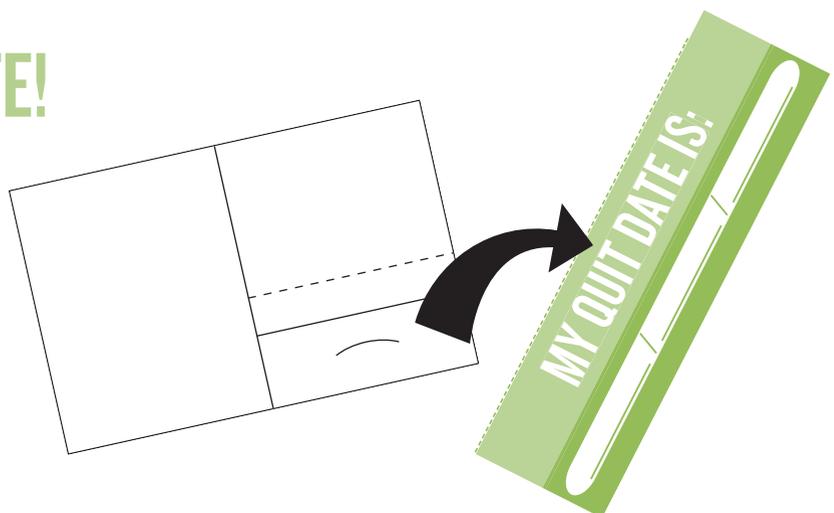
There are things you can do to prepare yourself as your quit date approaches. We've included some suggestions below, but feel free to add to the list!

- **Start to break routines that you have associated with smoking** — drink decaffeinated tea instead of coffee, change the order of your morning routine, drive to work a different way
- **Clean your home, remove or throw out anything that you use for smoking** — ashtrays, lighters, matches, etc.
- **Have your car cleaned and deodorized so the smell doesn't make you want a cigarette**
- **Start smoking with the opposite hand than you're used to**
- **Limit your smoking to places that are not comfortable or familiar.**

### SET YOUR QUIT DATE!

Tear out the "My Quit Date Is" Reminder located at the back of this kit and use it in a book, on your fridge, in your car, at your desk, etc.

It will serve as a daily reminder and motivator to quit smoking.



## STEP 2

### You Can Do It!

Whenever your will power feels weak, give it a boost by reading over your reasons for quitting. And tell yourself you will make it — one day at a time. And remember, each day will get easier. Good luck!

# WE'LL QUIT TOGETHER

Dorothy, who lives in Taylor, was half of a smoking couple. Then her husband, a welder, developed pneumonia, and his physician told him he had to quit. "I told him, 'We'll quit together.' I already wanted to quit, and all I needed was that little extra shove." She smoked about a pack a day.

Dorothy used the patch, a three-stage method that delivers decreasing amounts of nicotine. She was at the first level for a month. With the second, she didn't feel that the conventional six weeks was enough, so — with her physician's approval — she stayed on it for several months. She skipped the third level altogether.

Dorothy said the patch was effective but that the habit of smoking was still hard to overcome. "When I first got on the patch, I found you still feel you need something in your hand, so I cut off a straw and held that in my hand and put it in my mouth," she said.

Dorothy said she gained about 15 pounds after she quit but that she decided not to worry about it. "I said, 'Let's do one thing at a time.'" She later lost most of the gain. Now, "I have a lot more stamina to do things, and it's nice to be able to go places and not have to worry about ducking out for a cigarette," said Dorothy. She has also caused a ripple effect. "Several real good friends have quit after taking me as an example," she said.

Still, she said, "I miss it when I'm out in my boat. I find myself reaching for a pack of cigarettes that isn't there. But I programmed my mind to think that if I light up, I would get deathly ill."

(P.S. — Dorothy's husband succeeded in quitting, too.)



# REMEMBER THE FIVE R'S

During the next few days, you may find that one of the most difficult tasks is to start thinking of yourself as a non-smoker. You may find yourself thinking dangerous thoughts like “one cigarette won’t hurt,” or “I don’t have to quit right now — I’ll try again in a few weeks.” At times like these, it’s helpful to remember the five R’s:

**Remind:** yourself why you’re quitting. For your baby and your health.

**Risks:** think about the risks of continuing to smoke: harm to your unborn child, increased risk of heart attack, stroke and cancer and higher risk of middle ear infections for your other children.

**Rewards:** what are the rewards of being a non-smoker? You and your baby will have better health, you save money, food will taste better.

**Roadblocks:** what will make it hard for you to quit? Withdrawal symptoms, family members who still smoke.

**Repeat:** to yourself, “I am a non-smoker.” Repeat it to your friends when they offer you a cigarette. If you do slip and have a cigarette, quit again right away. Repeat quitting until you quit for good.

(This has been modified from page 2 of Treating Tobacco Use and Dependence, US Dept. of Health and Human Services.)

# AFTER YOU'VE QUIT

## STAYING ON TRACK

### WHAT'S IN STEP 3

REMEMBER YOUR PLAN .



ARE YOU USING A NICOTINE SUBSTITUTE? .



DON'T FORGET TO REWARD YOURSELF .



TAKE CONTROL OF TRICKY SITUATIONS .



THE MAIN EX-SMOKER DANGER ZONES .



STRESS CAN BE A PROBLEM .



TIPS ON WEIGHT CONTROL .



DID YOUR PLANS WORK .



ONE & TWO WEEKS AFTER QUITTING .



ONE TO THREE MONTHS AFTER QUITTING  
& OTHER RESOURCES



1

## STEP 3

# REMEMBER YOUR PLAN

Now that you've quit, don't forget about all the hard work you put into coming up with a plan to deal with difficult situations. Refer back to your plan often to help you get through stressful moments when you feel the urge to smoke.

You may find it hard to believe that one of your coping strategies could possibly be strong enough to get you through your worst cravings. But those cravings don't usually last very long, and your coping strategies can be very effective at distracting you until they pass. Don't forget to make a note of what works and what doesn't and adjust your plan accordingly.

Take it one urge at a time, one hour at a time, one day at a time. Remember, as each day passes, you're closer to a future where smoking is simply not an option for you. **Hang in there!**

### The Physical Addiction Will Not Last Long

You'll be through the worst in a few days. Your cravings will get shorter, weaker, and further apart.

I DID  
IT.

NOTES



# ARE YOU USING A NICOTINE SUBSTITUTE?

If you are using a nicotine replacement, you may feel strong enough to stop using it after a few weeks. It's best not to. There is nothing to be gained by giving up these nicotine replacements too early, and it's not worth the risk that you may start smoking again.

## WARNING

Do not smoke while using nicotine replacements. It can give you an overdose that can make you sick and is **very dangerous to your baby**. Only your doctor can evaluate your risks, make sure to schedule an appointment if you have any questions.

### Watch Out For Days 3, 4 and 5

Sometimes people can sail through the first couple of days because they're excited about quitting. But by the third or fourth day, they may start to get tired of the struggle. Don't let your guard down.

Remember, **it will get easier soon!**



3

## DON'T FORGET TO

# REWARD YOURSELF

Hey, you are doing something really hard! You already deserve a reward. In fact you deserve a big reward, but perhaps something smaller will do for now, like a new outfit, a salon visit, or movie tickets. You may want to make up a list of rewards you will give yourself, or start a college fund for your baby. **But remember the most important reward that you are giving yourself is a healthy pregnancy and baby!**

### My Rewards:

---

---

---

---

---

---

---

---

---

---

---

---



STEP  
3

I DID  
IT.

## MI. FACTS

The people killed by secondhand smoke are often husbands, wives, children, and other family members of smokers. Pets Too!

## NOTES

---

---

---

---

---

---

---

---

---

---



# TAKE CONTROL OF TRICKY SITUATIONS

When the image of a cigarette comes into your mind, concentrate on something else that you enjoy.

- Pick up something to read
- Turn off the TV and take a walk
- Talk to a friend
- Get up and move
- Write notes to yourself about what you want to do with the money you save



**Remember: you need to quit smoking for your baby and you can do it!**

## Don't Get Over-Confident

At some point, you may feel so sure of yourself as a non-smoker that you feel you can experiment.

If you take a puff, will you like it?

Unfortunately, the first puff all too often leads to a second, which leads to a whole cigarette, which leads to a pack. That's just the way it is, because your body will remember its addiction.

Stay strong — don't take even one puff.

## STEP 3

### After Your Baby Is Born:

Quitting doesn't stop after you give birth. If you are breastfeeding, it is especially important for you to stay smoke-free. Nicotine and other chemicals can be transferred to your baby through breastmilk and secondhand smoke.

Keep in mind that after the baby is born, your cravings for a cigarette may increase due to the stress of caring for your newborn. Up to 50% of women start smoking again after delivery.

Stay smoke-free for you and your baby!

## THE MAIN EX-SMOKER DANGER ZONES

After the withdrawal symptoms of the first week or two pass, the urge to smoke becomes more psychological than physical. Most smokers find that there are three main factors that eat away at their will power. The notes on the next page will tell you how to get through those situations without slipping up.

### — The Feeling That Something Is Missing:

There are probably certain social settings, or certain times of the day, that used to always include smoking. As scary as they are, there are strategies to successfully get through them and once again enjoy those situations.

### — Stress:

When you were a smoker, you probably used cigarettes to help you get through difficult situations. It's often a challenge for ex-smokers to find new ways of dealing with stress without smoking.

### — Social Situations:

Resisting the urge to smoke in social situations is often one of the biggest hurdles when someone is trying to quit.



# HOW TO GET THROUGH WITHOUT SLIPPING UP

## 1. The Feeling That Something Is Missing:

Cigarettes may have become an important part of your life when you were a smoker. So you'll probably get into situations that just don't seem right without a cigarette. They're different for everyone, but some of the most common are parties, driving, after dinner, or while drinking coffee.

You probably anticipated many of these situations when you made up your plan to quit. The key is to **remember the strategies** you came up with and use them to get through these times. It may be best to avoid some of these situations for a while until your urge to smoke becomes weaker.

**Hang in there!** Remember, things will get better and you'll soon be enjoying your favorite activities as much as ever — without smoking!

## 2. Stress:

You are most certainly under more stress since you stopped smoking and are trying to prepare for your new arrival. **Don't let it discourage you** — many ex-smokers say that quitting has actually helped them make their lives less stressful. Since they can no longer use cigarettes to get them through difficult situations, they've found more constructive ways to cope.

## 3. Social Situations:

Social situations are often difficult for new ex-smokers, especially when there are cigarettes around. Stay in control by practicing what you'll say if someone offers you a cigarette. It may seem silly, but it really does work. Plan not to go near the cigarette counter, and not to get cigarettes from friends or strangers. If possible, plan to **stay away from smokers** altogether for a short period of time.

**Remember,  
smoking is not  
natural!**

Putting poisonous chemicals into your body is a terrible way to deal with stress. It ultimately makes things worse, not better. We think you'll find that other methods of dealing with stress are much more effective and safer for your baby. It's the change from cigarettes to those other methods that can be difficult. Use this kit, the help line and the websites located at the end of this kit to get through this difficult process.

## STEP 3

### Start a Healthy Habit!

A healthy lifestyle doesn't have to be a chore. In fact, many ex-smokers find that their new healthy lifestyle becomes a positive habit. It's easy to get used to looking better and having more energy!

## STRESS CAN BE A PROBLEM IN TWO WAYS

### Sudden Shocks:

Although you usually can't tell when (or if) sudden stress will hit you, you can and should prepare ahead of time. Decide on your strategy. For example:

- In the case of a sudden shock, plan to tell someone, "This makes me want to smoke again, but I am not going to."
- Always tell yourself that smoking will not reduce the stress, it will only make things worse in the long run.
- Plan alternatives — a quick walk, a relaxing bath, a cup of hot chocolate, a talk with a friend.

### Stress At Home Or On The Job:

In the old days, you relied on cigarettes to help you through. Now you can't, you're a non-smoker.

- Communicate. If a situation at work or at home is bothering you, sit down with the people involved and talk it out.
- Exercise is a great way of easing stress. Try to exercise regularly or as your doctor recommends.
- Consider a stress control course. Your local adult school, community college, YMCA, or medical center can refer you to one.
- If possible, relax for 15 minutes, several times every day.
- Seek out a family member or friend for words of encouragement.



## SOME TIPS ON WEIGHT CONTROL

- **Always check with your prenatal care provider** before making a major change in your diet or activity level.
- **Eat a balanced diet**, and follow these rules for cutting out calories and, as a bonus, improving your general health:
  1. Switch to low-fat or non-fat dairy products.
  2. Eat the leanest meats you can find, and only take small quantities. Take the skin off chicken. Do not fry.
  3. Eat at least five helpings of fresh fruits or vegetables every day.
  4. Read labels of prepared foods and choose those lowest in fat.
  5. If you need help, visit [www.michiganstepsup.org](http://www.michiganstepsup.org) to get more information on how to eat healthy and get more exercise.
- **Exercise!** Exercise is important for good health. Try to add more walking every day. Exercise does more than just burn calories while you are exercising. It speeds up your metabolism, so you burn more calories even when you are resting.
- **Stop nibbling** out of habit, if that has become a problem. Try keeping track of everything you eat for two or three days. This will do two things: it will help you think twice before you eat, and it will alert you to those times of the day when you tend to overeat. Once you know where the dangers lie, you can make sure you have low-calorie food around at those times.

## STEP 3

# I DID IT.

### MI. FACTS

18% of pregnant women in Michigan smoke.

### NOTES

## DID YOUR PLANS FOR DEALING WITH DIFFICULT SITUATIONS WORK AS WELL AS YOU HOPED?

### If No, Was It Because:

- The temptation to smoke was stronger than you had expected?
- You had not guessed which situations would be the hardest?
- You did not have the right strategy ready?
- All of the above?

You might want to review your plan based on your answers to the questions above. Think of new solutions to replace the ones that didn't work as well as you had hoped, or add new situations as they come up.

If you have been working with a health care provider to quit smoking, call and talk to them about your concerns or to get help.

### Take Things One Urge At A Time.

Every time you use your plan to overcome an urge it is a victory for you. Every time you can look back on a whole day of not smoking, you'll be closer to your goal of being a permanent non-smoker.



# ONE WEEK AFTER QUITTING

## How Do You Feel?

Have you experienced any physical withdrawal symptoms? If so, check them off:

- Cravings**
- Headache**
- Sleepiness**
- Increased cough**
- Trouble concentrating**
- Digestive changes**
- Irritability**
- Increased hunger**

Problems like digestive difficulties should be gone by now. You may still feel sleepy and irritable sometimes, but these things should go away within a few weeks. And you will be able to concentrate without cigarettes again — just as you could before you started smoking.



## STEP 3

# TWO WEEKS AFTER QUITTING

I DID  
IT.

The two-week milestone is an important one for many ex-smokers. The main physical symptoms are gone, and you've gotten through many tempting situations (or, if you did slip up, you learned how to avoid that trap in the future). Remember to stick to your plan and prepare for new situations as they arise.

## NOTES

### If You Slip Up

If you slip up and have a cigarette or two, look at it as a learning experience. You are still an ex-smoker. Don't dwell on the situation, but ask yourself why it happened and do things differently next time. For example:

**Were you simply tired and hungry?** Next time, don't skip meals, and make sure you get enough sleep.

**Were you having dinner with smokers?** Next time, if you go out, make sure there are no cigarettes around.



# DON'T QUIT QUITTING!

Don't be too hard on yourself. Just quit again as soon as possible, and strengthen your will power in these ways:

- Read over your reasons for quitting.
- Repeat to yourself: "Smoking is not an option for me."
- Avoid the situation that led to your puff.
- Remember, you are quitting to protect you and your baby's health.

You have not failed until you quit trying. **Don't quit quitting!**



## STEP 3

### It's Worth It.

Quitting may be difficult at times, but remember you have the most important reason to quit - your baby.

Try not to think about what you're giving up — think about what you are giving yourself and your baby.

# ONE TO THREE MONTHS AFTER QUITTING

If you've made it this far (even with a slip-up or two), **congratulations** — that is great progress!

Of course, there is still great risk of a relapse. From now on, stay on your guard against the main dangers for ex-smokers:

- **The feeling that something is missing**
- **Stress**
- **Social situations**

You might find it helpful to review those sections earlier in this book.





# MICHIGAN GUIDE TO QUIT SMOKING PROGRAMS

To help you find programs in your county log onto our website at:

**<http://www.michigan.gov/tobacco>**

Call the free Michigan Tobacco Quit Line at:

**(800) 480-7848**

## Other Resources:

The material in this Expectant Mother's Quit Kit is drawn from a number of different sources, but there are many methods available to help you quit smoking. Quitting is a very individual matter, and only you can decide which way is right for you.

Your physician can give you information and advice on medications to help you stop smoking. Also, your local health department, hospital, or local chapters of national organizations can provide you with more help on smoking cessation and other support services in your community. Below are some possible sources for more help.

### **American Cancer Society Great Lakes Division**

(800) ACS-2345 (227-2345)

### **National Cancer Institute**

(800) 4-CANCER (422-6237)

### **American Heart Association Michigan Affiliate**

(800) AHA-USA1 (242-8721)

(check your phone book for number of local chapter)

### **Legacy's Great Start**

Help Line (866)-66-START

### **American Lung Association of Michigan**

(800) LUNG-USA (586-4872)

(check your phone book for number of local chapter)

### **For additional Quit Kits**

### **Michigan Department of Community Health**

Clearinghouse For the FREE Smoker's Quit Kit

call (800) 537-5666

(similar to this Quit Kit)

Visit <http://www.michiganstepsup.org> for more healthy information and tools.

**Remember, no program or service can work effectively unless you work with it.  
Quitting smoking requires motivation, commitment, and effort.**





*Michigan Department  
of Community Health*



**Jennifer M. Granholm, Governor**  
**Janet Olszewski, Director**

MDCH is an Equal Opportunity Employer, Services and Programs Provider  
Revised 11/04