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List your triggers & ways you'll cope.

Create a list of people, places and activities that cause you to want a cigarette, and write down ways to cope. For example, if you like to smoke when you wake, alter your routine by jumping in the shower right away. Seek out change in positive ways for you as you go through your pregnancy. For example, take more walks and try to eat nutritious snacks.

8



If you don't succeed, try again.

Every attempt at quitting is a success, and puts you that much closer to being permanently successful. What would you say to your child if she or he set a goal and did not succeed at first? Say the same thing to yourself. Go through the steps again, and set a new quit date. Meanwhile, keep up positive self-talk and try to cut back.

WHAT ARE YOUR MILESTONES AND REWARDS?

Now the best part—how do you plan to mark your smoke-free success, and reward each milestone? Think of fun and fulfilling ways to celebrate smoke-free days, weeks and months. While celebrating your improved health with family is terrific, make sure you treat yourself.

IDEAS

- Update your Facebook status.
- Take a night off from responsibilities.
- Join a class at your local community centre.
- Host a movie marathon with girlfriends.
- Go shopping.
- Build a giant blanket fort with your kids.
- Cook a new dishes (now that your sense of taste is stronger!).
- Visit your community library (they have free book clubs).
- Make a list of your top 15 goals in life.
- Organize old photos.
- Rearrange furniture in a room.

The possibilities are endless.



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I want to be tobacco-free...

8 Tips for pregnant women and new moms trying to quit smoking



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Being pregnant is a major life event. So is trying to quit smoking. Because your situation is unique, how you go about becoming smoke-free is unique, too. Here you will find general tips and suggestions for quitting smoking for pregnant and new moms.

1



Consider the benefits of quitting.

It is important to consider the health of your unborn child when compiling a list of the benefits of quitting. But that should be one among several benefits, including improving your own health long-term. For starters, you'll have more energy, longer life expectancy, and money in your pocket. If you quit for your child's health—*only*—you may be more likely to start smoking after the baby is born.

2



Decide when you are ready.

Once you have made a list of the benefits of quitting, close your eyes and imagine yourself as a non-smoker. Don't imagine yourself pregnant or even as a mother. But simply you—as a non-smoker. Do you feel more energetic? Do you feel more relaxed? If smoking is a big part of your self-image, what will replace it? Or will you change your self-image? Then imagine you as a non-smoker and a mom. What kind of role model do you want to be?

3



Choose a quit date.

Try to quit as early as possible in your pregnancy to minimize the negative health effects of tobacco. If quitting is not your plan, try to cut back the number of cigarettes you smoke.

4



Once you have chosen a quit date, try a practice run.

As soon as you are ready, choose a day that you can dedicate to yourself and the task. In the days leading up to it, keep track of when you smoke,

why, and try to push past cravings to eliminate one or two or more cigarettes.

5



Find a support system.

You may find loved ones place extra pressure on you to quit during pregnancy and postpartum. Seek out support or a 'buddy' who is sympathetic to your personal challenges. Or call your provincial or territorial quit line. Excellent self-help resources for quitting when pregnant can be found at pregnets.org and expectingtoquit.ca resources.

6



Use quit aids.

Ask your health-care practitioner about over-the-counter or prescription drugs to help you quit during pregnancy—they help protect the baby from carbon monoxide, tar and other harmful chemicals and ease your withdrawal symptoms.