

- where possible, such as brushing your teeth after a meal.
- Try new activities to distract yourself, such as knitting, listening to music, or reading to your baby.

### Time pressures

Taking care of a new baby each day is a lot of work with sometimes no breaks and little sleep. Time pressures can make you want to reach for a cigarette for comfort or a quick break.

When possible, try to arrange for help so that you can have some time for yourself. Friends, family, and local community services can help reduce pressures and give you a well deserved break.

### Why having one smoke is not a setback!

If you slip up and smoke, try and understand what was happening and how you were feeling at the time. Recognize that relapse is normal and does not mean you have failed. The more times you keep trying, the more likely you are to be successful.

- Celebrate all the time you've spent not smoking.
- Figure out what prompted you to smoke, and decide how to manage it the next time.
- Remind yourself of the immediate benefits to you, of quitting for good.

- No one can do everything alone—especially when you are a new mom. Turn to your supports you used when you first quit, and share your fears. Sometimes just talking can help.

Finally, be aware and recognize common thought patterns when a slip up may be near:

*"Maybe I'll just have this one."*

*"I haven't smoked for so long, I'll be fine if I just have one."*

*"One cigarette couldn't hurt."*

In these moments, think about your short-term motivations. Believe in your ability to remain smoke-free!



**Quitting smoking is the**  
single best thing you can do to  
improve your health and quality  
of life. You want to live to see  
your child's many future  
milestones!

## WILL I START SMOKING AGAIN AFTER MY BABY'S BIRTH?



**Maybe.** But now you've got the skills and motivation you need to rebound from a relapse or resist temptation and quit for good! Here's how to take it one day at a time, manage risky situations, and find the confidence you need to stay tobacco free.

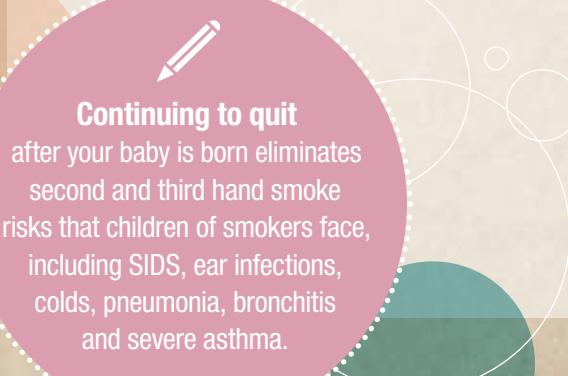


# DON'T GIVE UP TRYING

If you quit smoking before or during pregnancy, it's especially important for you to make a plan to make sure you don't light up after your baby's born. As many as eight out of 10 women will start smoking again within the first year after delivery, but tips to cope with cravings and relapses can help.

## Why is the relapse risk so high?

You may have quit smoking during pregnancy to have a healthy baby. Once the baby is born, consider the benefits of not exposing your baby to harmful second or third hand smoke that is in the air and gets trapped in your home. Also, be aware that nicotine can interfere with your ability to breast feed, and may reduce your breast milk supply.



## What's my immediate motivation?

You're feeling overwhelmed. Bills are piling up. The baby had a bad night. In these moments, a cigarette appears to offer short-term relief—even when you know that you're hurting your own health in the long run.

That's why it can be helpful to make a list of short-term reasons not to light up. Be sure to put your list somewhere handy where you will see it all the time. Here are some examples:

*"Each day I remain smoke free, I will live longer."*

*"I don't have to fear for my future health, or my children's future health."*

*"My kids aren't exposed to second hand smoke."*

*"I like being a healthy role model for my kids better than being an unhealthy role model."*

*"I'm saving money!"*

## WHAT MAKES ME WANT TO SMOKE?

Mistakes happen (see over), but know that even a single puff increases your chances of a full relapse. When you feel the urge, remember your list of short-term reasons not to smoke again, and then problem-solve these common traps.

### Negative mood

Remind yourself what you love about being a non-smoker.

- Take the baby for a stroll (or get some sort of exercise).
- Call, text or email a supportive friend or

family member, or a help line such as Smokers' Helpline for additional support or advice.

- Take care of yourself in whatever way is comforting—enjoy a favourite meal, have a warm bath or take a nap.
- If you feel depressed, don't hesitate to talk to your health-care provider.



### Being around other smokers

- Establish smoke free zones such as where you live.
- Leave smokers when you feel the urge to join in, and ask smokers to not smoke around the baby.
- Talk to other ex-smokers about how they handle situations when they are around other smokers.

### Triggers

- Plan to put your health first in those situations that prompt cravings, such as having an argument with your partner, or feeling stressed.
- Change your routine to avoid triggers