



SMOKING CESSATION

Often when women discover they are pregnant, they decide to stop smoking to improve their own health and the health of their baby. Frequently, those first few days and weeks as a non-smoker are the most difficult. Here are a few suggestions from the Center for Maternal Substance Abuse and Child Development to help negotiate those first critical days and weeks:

THE FOUR A's OF SMOKING CESSATION:

AVOID high temptation situations - these are situations where you know you will be tempted to smoke or situations where you regularly smoked. For example, you may choose to avoid a favorite restaurant for a short time until you've successfully made it through those first few days and weeks.

ALTER those situations you can't avoid - there are some situations that you can't avoid, so make a plan to change your behavior or some aspect of the situation so that you'll be less likely to smoke. Not all situations can be avoided, for example that birthday celebration at your parent's (who are smokers) home. Think of some ways to change the situation (eating outside if the weather is nice versus indoors) or your behavior (staying busy playing games with children or tackling a project, like a photo album) to decrease your desire to start smoking.

ALTERNATIVES Find other things to do besides smoking. Think ahead: What activities can you do that will distract you from wanting that cigarette?

ACTIVE Get active to help you cope with urges to smoke. That's right! Get moving! Go for a short walk to clear your head and remind yourself why you want to stay "smoke-free."



Quitting While Pregnant

Try **SmokeFreeMom**
This text message program gives 24/7 support to pregnant women. Text **MOM** to 222888 to join.

Join the **SmokeFree Women** Facebook page
<https://www.facebook.com/smokingfree.women>

Speak with a quit smoking counselor. Call **1-800-QUIT-NOW** or log on to LiveHelp
<https://smokefree.gov/tools-tips/get-extra-help/speak-to-an-expert>

For more information:

Center for Maternal Substance Abuse and Child Development
<http://msacd.emory.edu>

MotherToBaby Georgia
www.mothertobabyga.org
855.789.6222

