

Stop Smoking: For Your Baby's Health

Both you and your baby will benefit when you quit smoking. The benefits for both you and your baby are explained below, as are the key steps to quitting successfully.

Good Things Happen as Soon as You Quit!

Your Baby:

- Will cough and cry less.
- Will have fewer asthma and wheezing problems.
- Will have fewer colds and ear infections.
- Will have a decreased risk for sudden infant death syndrome (SIDS).

You:

- Will have more energy and breathe easier.
- Will decrease your risk for cancer, heart disease, stroke and emphysema.
- Will save money that you can spend on other things.
- Will feel good about yourself for quitting.

Keys for Quitting

1. Get Ready

- Think about how quitting will help you and your baby.
- Set a quit date and stick to it – not even a single puff!
- Get rid of ALL cigarettes and ashtrays in your home, car or workplace. Make it hard to get a cigarette.
- Set up smoke-free areas in your home and make your car smoke free.

3. Get Support and Encouragement


- Tell your family, friends and coworkers you are quitting and ask for their help.
- Ask smokers not to smoke around you.
- Talk to women who quit smoking when they were pregnant.
- Talk with your prenatal care provider about your plan to quit.

2. Learn New Skills and Behaviors

- Try to change some of your daily habits to lower your chances of smoking.
- Plan something fun to do every day.
- Practice new ways to relax.
- When you want to smoke, do something else: find a way to occupy your hands, your mouth and your mind.
- Think about your reasons for quitting.

4. Be Prepared to Handle Slips

- If you “slip” and smoke, don’t give up.
- People who quit after they “slip” tell themselves, “This was a mistake, not a failure.”
- Set a new date to get back on track.
- Remember that by quitting, you are protecting your baby’s health and your own.



Want to Quit? For free smoking cessation resources, contact:
SOS Quitline – 1-800-QUIT-NOW
1-800-784-8669

This information has been reviewed and recommended for use by the UAMS/CPED/Patient Education Advisory Committee.