

TOBACCO
FREE
NEBRASKA

for a great state of health

Department of Health & Human Services

DHHS

N E B R A S K A

make
smoking
history

make
smoking
history

1-800-QUIT NOW

1-800-784-8669

You can do it. Ask your doctor for help.

www.dhhs.ne.gov/tfn

**Smoke hurts
kids, too.**

PNS 11E 08/08



Your baby

You hold her life inside you. You breathe for her.

5 Keep hands & mouth busy.

Play with a pen, pencil, paper clip, or pocket change. Try gum, hard candy, mints, grapes, carrot sticks, apple slices. Drink lots of water.

6 Stay active.

Move around when you get an urge to smoke. Exercise. Walking is easy, healthful and energizing. Aerobics is fun.

7 Don't get discouraged.

Don't give up if you slip. You learn each time you try to quit. The more times you try, the more likely you'll quit for good.

8 Reward yourself.

Do little things to celebrate each smoke-free day. Try a relaxing bath with candles, incense and music.

9 Take this home.

Review these pages. Stay motivated. Focus on the good things that quitting does for you and your family.

10 Get support.

- **Friends & family**
- **Online**—here's one of many websites:
www.dhhs.ne.gov/tfn
- **Phone**—**1-800-QUIT-NOW**
1-800-784-8669

10 QUIT TIPS



WOMEN'S HEALTHY LIFESTYLES
For you. For yours. For life.

NEBRASKA DEPARTMENT OF HEALTH AND HUMAN SERVICES

① Talk to your doctor.

Ask for help with your quit plan.
Your doctor's help gives you a far greater chance of success.

② Write it down, put it up.

List *when and why* you smoke.
Then list the rewards of quitting.
Post your quit plan on your fridge.

③ Set a quit date.

Don't put it off. Set a firm date.

④ Throw them away.

The night before, throw away
your cigarettes & ashtrays.

You are

her life

You've heard the advice: "Remember, you're eating for two."
You're also breathing for two. The baby inside you lives from your body, eats what you eat, breathes what you breathe. The nicotine, **carbon monoxide** and **arsenic** in your cigarettes go straight into your blood. And hers. Resolve to be a good **mother**. Don't raise your baby on **poison**.

You can quit.

For you. For yours. For life.

A BABY, NOT A FISH. With every puff you take from your cigarette, the baby inside you feels like she's being trapped under water for three seconds, like she's drowning inside your body.

You are her

mommy

You are the one who holds her when she cries, feeds her when she's hungry. You whisper to her: *My baby, you are the future.* You will do anything to keep her safe. So, why **smoke**? It hurts you. It makes her **sick**. Smoking is bad for both of you. All it does is rob you of money, health and time to love your **baby**. Quit now. Because you love her.

You can quit.

For you. For yours. For life.

TOO SMALL, TOO SOON. Smoking is a major cause of miscarriage, stillbirth and sudden infant death syndrome (SIDS) after birth. Smoking mothers have more low birth weight and premature babies.



Take Action

Resolve to quit.
For them.
For you.



You've got lots of

helpers

You don't have to go "cold turkey" all by yourself. *Help is everywhere.* Ask **your doctor** for a **quit plan**. Ask what medication, if any, is right for you. Ask your nurse for tips. Ask about smoking cessation classes. Ask family and friends for support. Go online for quit programs and support groups. Call Nebraska's toll-free quit line: 1-866-NEB-QUIT. (1-866-632-7848 thru May 2004)

You can quit.

For you. For yours. For life.

THE FATHER OF YOUR CHILDREN. This is not just your issue. Smoking by fathers, both before and after birth, also puts children at risk for chronic sickness and disease.

Your child

You gave her life.
give her clean air.





Your angel

She is your
future. Live to
watch her grow.

Be there for

them

*Women who smoke can lose decades of life. Wouldn't you trade cigarettes for more years with your partner, your children, your family? What matters is time with those you love. You have lots of **living & loving** left to do. Don't let smoking stop you from getting it done. You need to **be around** for that first softball pitch, piano recital, prom dress. The best time to quit is **now**. Talk to your doctor.*

You can quit.

For you. For yours. For life.

BABY REHAB. Babies born to mothers that smoked during pregnancy have the same nicotine levels in their blood as adult smokers. If you smoke while you're pregnant, your baby will spend her first days of life going through withdrawal.



Yourself

About half
of all women
who smoke have
quit for good.
You can, too.

You are her

protector

Kids of parents who smoke are twice as likely to have asthma. They will have more respiratory illnesses, impaired lung function, ear infections and sore throats. They will **cough** more, **cry** more, **wheeze** more. They will have more colds. They are more prone to retardation, learning disabilities and attention disorders. *When you smoke, they smoke.* Remember: smoke hurts your kids, too.

You can quit.

For you. For yours. For life.

YOU'D NEVER HARM HER...BUT. More children die due to causes related to parental smoking than by all unintentional injuries combined.

You are her

center

You are the center of the universe for your children. You **support** and **shelter**, comfort and hold. You supply the **salve**. *You are more than just yourself.* You are teacher, guardian, watchdog. But most of all, you are mother. And you will do **anything** for your babies. You gave them life. You owe them clean air. Quitting isn't easy. But they're worth it.

You can quit.

For you. For yours. For life.

I MISS MY MOMMY. 1/2 of all current smokers will die as a result of their smoking. Lung cancer isn't something that just happens to others. It can happen to you.

Your family

Save your life and theirs. You can quit smoking.

