

# Stay Smoke Free After Pregnancy



The benefits of not smoking will last your whole life. But changes related to the birth may set off an old urge to smoke. So use the excitement of a new baby to stay smoke free. Think of your newborn's first cry or that new-baby scent. Make a new plan to help get through these busy months.

## Have a smoke-free home

After you quit, you still need to think about how to stay away from secondhand smoke. This is smoke from those around you. Help yourself succeed by making your home smoke free.

- Ask your spouse, partner, or roommate to smoke outside.
- Tell your friends and family you've quit. Let them know your home is now smoke free and you'd like them to honor your decision.
- Also tell them that you appreciate their help. Because they keep smoke out of your home, your baby stays healthy and you stay smoke free.

## The benefits last a lifetime

You quit smoking so that you'd have a healthier baby. Now stay smoke free, so that you'll be a better role model. By not smoking, you'll also gain some big benefits:

- Healthier breastmilk
- Less chance of SIDS (sudden infant death syndrome)
- Fewer coughs and colds for you and your child
- Less risk of your child having allergies, asthma, or other lung problems
- Less chance that your child will smoke
- A greater chance of having a long and healthy life to spend together

## Having problems staying smoke free?

What if you can't quit all the way or you start smoking again? Many people quit more than once before stopping for good. Success is a building process. You can improve with practice. Also, talk with your healthcare provider about joining a support group or seeing a counselor. And remember—Every cigarette not smoked benefits your baby and you.

A slip can be useful. If you're honest, the slip might tell you something. Do your best to answer these questions:

- How did the cigarette taste?
- How did your hands smell after you smoked?
- What did you learn about being tempted?
- Have you found a new trigger?
- What can you do to prevent slips in the future?

## Make a new plan

You're likely to have a few crazy months ahead, taking care of a newborn and maybe running a house or going back to work. Plan ways to take care of yourself, so you won't be tempted to smoke.

- Get some exercise. Practice deep-breathing exercises.
- Review your list of triggers. Add any new ones that may show up.
- Remember how to let go of stress without smoking. Relax, take mental breaks, and try to lighten your outlook.
- Rest when the baby sleeps, and know when to say no to visitors. Set limits. It's OK to protect your new family.
- Stay away from secondhand smoke. It's dangerous for your baby and your health. And it makes it harder to not smoke.

## To learn more

Here are some resources to help you stay smoke free:

- [smokefree.gov/talk-to-an-expert](https://smokefree.gov/talk-to-an-expert)
- [women.smokefree.gov](https://women.smokefree.gov)
- National Cancer Institute Smoking Quitline: 877-44U-QUIT (877-448-7848)

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions  
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.