



FOREVER  
*FREE™...for Baby and Me*

A Guide To Remaining Smoke Free



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Booklet 5: A Time of Change

# **Booklet 5: A Time of Change**

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*This is Booklet 5 in the Forever Free for Baby and Me series. This booklet talks about the many changes that take place as you move from being pregnant to being a new mother. It talks about ways that these changes can make you want to smoke. It also discusses ways to get ready for the next few months.*

## A Time of Change

This booklet is about the time right after you have your baby, when you are trying to adjust to being a new mom. This is a special time for you and your baby. You are having lots of new feelings. It can also be a very critical time when it comes to staying smoke-free. Let's start by re-checking where you are now with your plans to stay smoke-free. Are you at 10 yet?

I am only stopping smoking while I am pregnant	I am not sure	I want to quit smoking forever
0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10		

During this time from pregnancy to motherhood, you will be feeling a lot of wonderful things. You will also have many stresses that are a part of raising a newborn. You may be tempted to smoke. Remember that, in the months after your baby arrives, you may need to work even harder at staying smoke-free.

*Elaine quit smoking early in her pregnancy. She had always said that she would quit smoking if she became pregnant, and she worried about the health of her growing baby. Nine months later, she was pleased with her success at staying away from cigarettes. She felt sure that, now that she had delivered, she would be able to stay smoke-free for life. But, in the first few months after her baby was born, she found herself wanting a cigarette. Her baby was healthy and very active; Elaine was so tired. Elaine began telling herself that it would be okay if she had just one cigarette; and then she did have one cigarette, and then one more and one more. Elaine thought about the reasons she had quit smoking. She knew that all of those reasons were still true, and they were more important than the quick fix of the cigarette. She knew that she had not been prepared for all the changes after the baby was born. She would need help to deal with these new things in her life to quit again.*

Having a new baby changes your life. This is a time when you need to take care of yourself. Keeping your stress levels down will help you have the energy to spend happy times with your new baby. It will help you physically, mentally, and emotionally. Decreasing your stress also helps you stay smoke-free.

Your needs from others may also change. You might want to share this booklet with your partner or the person who has been giving you support. This might help them to understand what you are feeling. You both might want to re-read *Booklet 2: Partner Support*. Then you both can talk about how your needs have changed and what you can do to help each other during this time. Your partner, too, might have different needs. By being open and talking about what you want, you are more likely to be successful in staying smoke-free.

## **WHY IS IT IMPORTANT TO REMAIN SMOKE-FREE?**

You might have quit smoking to keep your baby healthy while it was inside of you. Now the baby is here. Why should you stay smoke-free? Many women ask this question. Take time now to pretend that you are giving advice and support to other women. What sort of things would you tell other women about why *they* should stay smoke-free?

**I would tell other women that...**

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Read what you just wrote. This advice is true for you as well. In fact, research shows that women who find reasons to quit for themselves – as well as for others – have more success at staying off cigarettes. Even though you may have quit for the health of your baby, you must know that quitting and staying smoke-free is good for you, too!

## **Healthy Baby, Healthy Me**

Many women find staying smoke-free while pregnant to be somewhat easier compared to after the baby is born. When we talked to pregnant women and new mothers, most women told us that they quit smoking for the health of their baby. Does this sound like you? Many people understand that when you are pregnant, what you do to yourself, you also do to your baby. But, after the baby is born, many women often think that smoking may be OK. This is not the case! Smoking affects babies even after birth. Secondhand smoke is very harmful for babies and for others.



The following list reviews some of the problems that babies and children of smoking parents can have:



- ◆ Sudden Infant Death Syndrome (SIDS or “crib death”)
- ◆ Coughing
- ◆ Chronic colds, bronchitis, other respiratory infections
- ◆ Allergies
- ◆ Ear infections
- ◆ Hyperactivity (difficult to calm down)
- ◆ Eye and nose irritation
- ◆ Asthma
- ◆ Colic (pain in the stomach, gas pain, crying)
- ◆ Sleeping problems
- ◆ Poorer grades in school
- ◆ Pneumonia (lung infection)
- ◆ Sore throat
- ◆ Irritability (cranky)

This is also a time when you should think about how staying healthy is good not only for your baby, but for you, too. As you read in *Booklet 4: Smoking & Health*, your health starts to improve right away once you quit smoking. By quitting smoking, you have added years to your life and increased the quality of your life. This lets you be around for a long time to see your children grow up. Look at it this way – keeping yourself healthy is just one more way of taking good care of your family!



## Help! My Urges Are Back...

### **I haven't smoked for months! Why am I getting urges to smoke now?**

Some women tell us that the urges to smoke returned or got stronger for a short time after they delivered. There are a few different reasons for these urges. First, those early weeks after you give birth can be stressful and this stress can lead to urges. You are getting used to many changes in your body and in your life. Second, if you quit only because you were pregnant, you may feel like you reached your goal. You may be tempted to smoke again. Third, your hormones change, and these changes may cause urges.

As you may remember from *Booklet 3: Smoking Urges*, urges may be caused by nicotine withdrawal, habit situations, and memories of smoking. Many women who quit smoking during their pregnancy may find that they no longer have nicotine withdrawal urges. However, habit urges may still be a problem for them. After your baby is born, you may begin to return to activities you did before you became pregnant. Your urges can be triggered by people, places, things, and even moods. Just remember that the longer you go without smoking, the fewer urges you will have. If you are having a strong urge after delivery, it may be because you are in a situation that you have not been in since quitting. After you get through these situations *without smoking* the urges will get easier again, until they go away.

What if you already started smoking? Then now is a good time to try quitting again. You can make this a fresh start with your new baby. By staying off cigarettes, you are on your way to making your body healthy and you are making a healthy choice for your baby. In *Booklet 6: What If You Have a Cigarette?*, you will get tips about how to deal with slips and to make that second quit attempt work. Nearly every smoker wants to quit eventually – it will be much easier to quit now than it will later.



If you haven't gone back to smoking – good work! But remember, after delivery, you may have a return of cravings to smoke. Now that you have a new baby, many things are different. We want to prepare you for that. Next, we talk about coping with stress and how your mood may change after delivery.

## A New Mother's Mood Changes

After your baby is born, you may have an increase in stress and negative mood. This may be hard to accept because you feel this should be a time of only joy. Sometimes the stress is a result of hormone changes in your body that occurred during your pregnancy and after delivery. You may cry more or feel very tired. In most cases, this type of stress goes away after some rest. More serious feelings of depression, known as postpartum depression, can also happen to some women. Although this too can be temporary, it is best addressed with professional help. Talk with your doctor if you are having a lot of stress or feeling depressed and sad a lot.



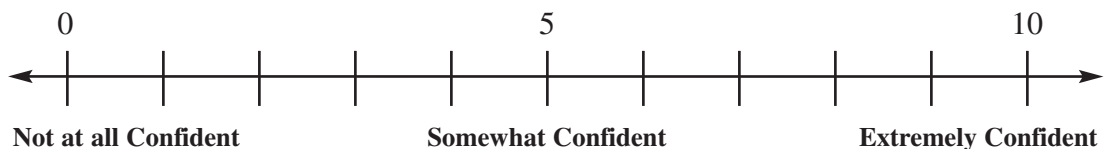
You may have some stress and negative mood as a result of the major life change you have just undergone. Having a baby can be a wonderful event in life, but it takes a lot of your time as well. It also can bring many new feelings that you are not used to.

Your life with a new baby is different and you are learning new things. Many women feel overwhelmed and tired at first. You may also be worried about finding childcare or deciding whether to return to work or not. Money may be a concern.

All these stressors might trigger an urge to smoke as a way to cope. But, this is not a good solution to your stressors. Going back to smoking just adds to your problems. This is a great time to learn how to deal with your stress and negative mood in a healthier way! You can deal directly with the problem. Do other things to get your mind off your problems or to lift your mood (such as take a walk or take a long shower). Talk to someone (your partner, a friend, or a professional if your stress and negative mood are serious).

In addition to stress, another threat to staying smoke-free is not believing in yourself. Take a look at the scale below. Think about how confident you feel in staying smoke-free after delivery. You can mark how confident you feel on the scale.

### How Confident Are You In Remaining Smoke-Free?



Did you mark anything less than 10? You are not alone - many women do not feel very confident that they will stay smoke-free after their baby is born. But think about the time during your pregnancy when you did not smoke. During this time, you had to cope with stressors, and you did it without smoking.

List below some of the stressors or hassles you had during the time you did not smoke. Next to each one, write how you coped with it.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

As you can see, you did cope without smoking in the past. You can succeed in the future! Keep telling yourself that you can do it. Remind yourself of all your successes, both big and small. Remember, quitting smoking and remaining smoke-free is the biggest success of all! You will get more information about coping with stress and mood changes in Booklet 7: *Smoking, Stress & Mood*.

## **BELIEVE IN YOURSELF!**

### **Weight Worries**

Concerns about weight can be another stressor many women have after delivery. During pregnancy, weight gain was good and expected because you were growing a baby inside of you! But now that you have delivered, you might think that you don't look like you did before you were pregnant. You may blame this weight on having quit cigarettes. If you believed that smoking controlled your weight, you may be tempted to smoke again. You may think that lighting up again is the only way to lose weight.

But smoking is NEVER a good option! After delivery, most women weigh more than before they were pregnant. This is normal, both for women who quit smoking and women who never smoked. It usually takes about 8 to 12 months to lose this weight. This may seem like a long time, but this is the time it should take to lose the weight in a healthy and safe way. By eating a healthy diet and doing a safe level of exercise, you can lose unwanted weight. But, be sure to talk with your doctor about when you can begin an exercise plan and what type of exercises are OK to do. Exercise is also a great way to reduce your stress in general!



Smoking probably won't help you to lose weight, and if you start smoking again you will add to your health problems. You will not help them. Quitting smoking can be hard, but you know that and you have already succeeded in quitting! Smoking is much more harmful to your health than having extra weight. Think about being healthy for you and your baby and your family. Focus on being healthy!!!

Please remember to eat enough food, especially if you are breastfeeding. This is *not* a time to cut down on your daily calories – in fact, your doctor may advise you to increase the calories you take in. However, you can still make healthy choices when selecting which foods to eat. Research shows that breastfeeding may help you lose weight after delivery, but do not count on this as your only method. A balanced diet along with some exercise will help you maintain a healthy life and achieve your goals for a healthy weight.

There is an -entire booklet about this topic (*Booklet 9: Smoking & Weight*). In that booklet, you will find tips for making healthy lifestyle changes. Those tips can help you lose the weight and keep it off.

## A Focus on YOU

Many women have told us that smoking was their only time for themselves. In dealing with all their daily hassles and stress, a smoking break had been a time to do something for themselves. However, these women also told us that they quit because smoking cost a lot and they knew it was not healthy for them or their families.

In the time after your baby is born, it is common for a woman to focus on the wants and needs of her children. We do not want you to change your concerns about your family and loved ones. But, it is very important to take time for yourself during this time. It is important to take care of your own needs, too.

One new mom, Carla, told us: *"I never realized how much smoking controlled me. I had always enjoyed hiking but once I became a smoker, I never went anymore because I was short of breath. I loved eating out for lunch with my girlfriends, but I stopped going because so many restaurants didn't allow smoking. Now smoking cannot keep me from doing things that I enjoy. Since I quit, I have the freedom to make the choices that I want."*



## Forever Free for Baby & Me

This is a great time to think about the things **you** enjoy and like doing. Make the time for them. Read a book, take a bubble bath, watch a movie on TV, or spend time with your friends. These are all good ways to spend time for yourself. You may also want to treat yourself to something special, like a massage or manicure or a movie out. Since you are not smoking, you are saving money. You can spend some of that money on healthier options for yourself!

### **There are many ways to spend the money you save by not smoking!\***

You could afford . . .

<u>For Baby</u>	<u>If you smoked 1 pack/day</u>	<u>If you smoked 2 packs/day</u>
Baby Toy (\$7)	in 2 days	in 1 day
1 Week of Diapers (\$18)	in 6 days	in 3 days
New Baby Outfit (\$25)	in 8 days	in 4 days

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<u>For You</u>	<u>If you smoked 1 pack/day</u>	<u>If you smoked 2 packs/day</u>
New Outfit (\$40)	in 13 days	in 7 days
Manicure and Pedicure (\$50)	in 16 days	in 8 days
1 Week of Day Care (\$150)	in 48 days	in 24 days
3 Day Cruise for 1 (\$500)	in 6 months	in 3 months
Pre-Owned Car (\$8,000)	in 7 years	in 4 years

\* Days estimated based on \$3.10/pack of cigarettes

As you can see, it does not take long to save that money for a nice reward for yourself or your baby!



*List below some of the things that you would like to save up for:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Another topic that often comes up for women after having a baby is to ask themselves, "Who am I?" Many new mothers have told us that they struggle with a sense of loss of identity after their pregnancy. Sometimes these feelings are also tied to smoking, especially if they smoked for many years before the pregnancy. One woman's attempt to cope with these feelings is shown in the story below:

*Although she knew it was bad for her, Wendy put off quitting smoking for a long time. Before she became pregnant, Wendy felt that being a smoker was a big part of her identity and her lifestyle. She was afraid that, if she quit smoking for good, she would lose her identity completely now that she was a mother. Wendy talked about her fears with a good friend, who was also a new mother. This friend reminded Wendy that she was a special and interesting woman with many wonderful qualities. She described Wendy as a woman who was a real friend with a great sense of humor, who enjoyed early 80s rock music and romantic comedy movies, whose favorite food was black bean chili and so on. Wendy realized that there was more to her than being a wife or a mother, and that there was more to her than just being a smoker. She saw that she did not need to smoke to be her own person.*



Another booklet, called *Lifestyle Balance*, describes how to make small changes in your life to get a balance between doing the things you have to do or should do and doing the things you want to do. That booklet will also give you a list of activities to help you find healthier ways to take time for yourself.

Again, congratulations on becoming a new mother! We hope that this booklet helps you to enjoy the many changes ahead of you and offers you ways to deal with changes in your life. Best wishes in staying smoke-free for you, your baby, and your family.

## Summary

1. After delivery of your baby, it may be more difficult to remain smoke-free.  
Remind yourself of all the benefits to you, your baby, and others by not smoking.
2. Habit urges may increase after delivery – use your behavioral and mental coping skills to deal with the urges and keep from smoking.
3. Believe in yourself – you CAN remain smoke-free for life.
4. Smoking is NEVER an option for weight loss.
5. Exercise, under a doctor’s supervision, can help to decrease stress and lose weight.
6. Money saved by not buying cigarettes can be used to buy yourself rewards for your successes.



**Notes:**

- ◆ \_\_\_\_\_
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**Enjoy Better Health for You and Your Baby**

**Stay Smoke-Free!**

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