

How Lily helps Ana

- 1. no smoking in Lily's house**
- 2. at restaurants, eat in no-smoking area although Ana can not smoke**
- 3. Lily tells Ana her smoking is embarrassing**
- 4. Lily tells Ana that she loves her, no matter what**
- 5. puts up with Ana's crankiness**
- 6. makes dinner for Ana & Johnny**

**Infants born to smoking mothers
are at increased risk for:**

- 1. prematurity**
- 2. birth defects such as cleft lip or palate**
- 3. sudden infant death syndrome (SIDS)**
- 4. asthma or severe respiratory problems**
- 5. learning disabilities**
- 6. becoming addicted to tobacco in the future**

Ideas for the "5 - Ds"

Instead of smoking I can:

Delay craving by	Drink water	Do something else	Dialogue (talk) with friend	Deep breathe
waiting 3 minutes	after meals	polish fingernails	about starting a garden	and count slowly to 25
walking after meals	while making meals	bicycle with children	about family recipes	on a soft floor mat
drawing a picture	at least 8 times a day	plant seeds in a pot	after meals	to peaceful music
going for a bus ride	after you walk	walk a dog	2 times a day	in the park
putting a dime in a can for each craving	instead of coffee, sodas, beer, or wine	walk to the library	while walking at the park	and learn new ways to relax
keeping cigarettes out of easy reach	from a special glass while reading	dance	about making your yard prettier	after meals
chewing gum	while playing cards	clean house to music	about learning to knit	5 times a day
reading at the library	while walking outdoors, with your children	learn a new hobby such as needlework	about making holiday gifts	when bored, upset or frustrated

I may need to do more than one of the above such as _____
