



# You Quit. Two Quit.

*A Guide to Help New  
Mothers Stay Tobacco-Free*



Having a plan to stay tobacco-free  
is an important step.

## Welcome to motherhood!

You have just been through a life-changing experience – pregnancy and child birth.

Congratulations! Now that you are a new parent, it is still very important to take care of yourself and to keep you and your baby healthy. One of the most important ways to do this is to stay tobacco-free.

Being a new mother can be very stressful. Interrupted sleep, feeling down, being worried and juggling many things can be very difficult. This can make it hard to stay away from tobacco. But there are things you can do to get through this time and stay tobacco-free.

# Benefits of being tobacco-free

You may have quit tobacco while you were pregnant. That's great!

Now that you are a new mother, staying tobacco-free is one of the best things you can do for yourself, your baby and everyone else in your house. But some women are tempted to start using tobacco again after their babies are born.

Think about your reasons to stay tobacco-free.

## Benefits for you



Gives you more energy and helps you breathe more easily.



Saves money that you can spend on other things.



Makes your clothes, hair and home smell better.



Increases your choices of birth control methods.



Helps prevent heart disease, lung disease, and cancer.



Helps prevent colds and serious illnesses like pneumonia.



Staying tobacco-free will help you be a healthier mother.



Protect your baby by  
keeping them away from  
secondhand smoke and vape.

## Benefits for your baby

If you used tobacco during pregnancy, it is not too late to quit using tobacco now – there are still many benefits for your and your baby's health.



Lowers your baby's risk  
of Sudden Infant Death  
Syndrome (SIDS).



Reduces the number of sinus  
and ear infections.



Reduces the chance your baby  
will have asthma.



Results in fewer colds,  
coughing, and congestion.



Lowers chances of bronchitis,  
pneumonia, and croup.



Promotes healthier lungs for a  
lifetime.



Promotes healthier brain  
development



Promotes health later in life  
like lower risk of obesity,  
cancer, attention disorders,  
cardiovascular disease,  
and diabetes.



Less likely to use tobacco  
when they are older.

## Family and friends using tobacco around you and the baby

Being around others while they are using tobacco can make it very tempting to use tobacco. It can be especially hard if you live with someone who smokes or vapes.

Here are some ideas:

- ✓ Ask the friend or family member to quit with you.
- ✓ Ask others not to smoke/vape around you or your baby.
- ✓ Make your room, home and car tobacco-free spaces.
- ✓ Leave the room when others are smoking/vaping.

Babies and children should be kept away from secondhand tobacco. This includes cars where people are smoking/vaping. It is also important to make sure that people who have been smoking/vaping wash their hands and change their clothes before they hold the baby.



Make it easier to stay tobacco-free. Ask others not to smoke/vape around you or your baby.



Remember that your  
rest is important too!

## Feeling tired?

New mothers are often very tired. It is hard to feed and care for a baby around the clock every day. You may be tempted to use tobacco to get a boost of energy. It may be especially hard to resist smoking/vaping during your baby's early morning or late afternoon feedings. Instead of using tobacco, have a healthy snack or drink a glass of water. Giving your body healthy food will help keep your energy level up.

Getting enough sleep with a baby in the house is easier said than done. Here are some tips for getting more sleep:

- ✓ Sleep when the baby sleeps.
- ✓ Trade babysitting services with a family member or friend, so you can make time for a nap.
- ✓ Stay away from tobacco as well as alcoholic and caffeinated beverages. These things will make it harder for you to rest well.

## Juggling work, family, school and home

Ask family and friends for help to take some of the stress off you. If others ask what they can do, give them a specific job. They can do laundry, make a meal, take older kids to the park or watch the baby for a little while.

Make time to relax.

Be sure to spend some time each week doing something you enjoy:

- ✓ See friends.
- ✓ Read a book or magazine.
- ✓ Take time for a walk.
- ✓ Spend time alone in prayer or meditation.
- ✓ Take a long bath.



You don't have to be a superwoman. Ask for help.





Feeling down or sad after having a baby is very common. Talk to your health care provider. You don't need to suffer in silence.

## Feeling Down?

Mothers often have a lot of different feelings and emotions in the weeks and months after they give birth. Many mothers will experience the “baby blues.” They may feel sad and cry easily for a little while after they have their babies. Other mothers experience much stronger feelings that don’t seem to go away. These moms may have postpartum depression. One out of every 10 mothers may have this kind of depression after the baby arrives. It may be hard to talk about, but it is important to seek help if needed.

Using tobacco is one way that some women cope with the many feelings they have after their babies are born. Using tobacco may make them feel better for a short period of time. But it can’t take away these feelings, and it can’t help them get better.

It can help new moms to:

- ✓ Rest as often as they can,
- ✓ Avoid things like sugar and alcohol,
- ✓ Eat healthy food, and
- ✓ Get out of the house at least once a day.

If this doesn’t work for you, call your health care provider and let them know how you feel.



If you have one or more of the symptoms listed on this page, call your health care provider as soon as you can. There are many ways that he or she can help you. They may suggest things like talking, group support and medication, if needed.

## Ask for help if you are:

- ✓ Feeling very tired almost all the time.
- ✓ Feeling really worried.
- ✓ Crying all the time.
- ✓ Having thoughts about hurting yourself or your baby.
- ✓ Not able to sleep – even when the baby is sleeping.
- ✓ Not happy or able to enjoy simple things.



Your health care provider  
can help you cope with the  
symptoms of depression.  
Don't be afraid to call.



Many moms want to lose weight after they have babies. There are ways to do this that can build healthy lifestyles for you and your baby.

## Trying to lose weight?

Losing weight after having a baby is a common goal among new mothers. Some women think that smoking or vaping can help them lose weight. Using tobacco instead of eating or drinking is a harmful habit that can hurt your body. There are better ways to lose weight and keep it off.

## Good food now - weight loss soon enough

Your body needs energy to recover from delivery and to care for a new baby. Give yourself a break. Be realistic and wait two to three months before focusing on weight loss. Chances are you will be more successful in the long run.

## Refuel your body

Get organized and stock your kitchen with healthy food that is simple to prepare. Fruits and vegetables are healthy snacks; make them easy to get to and keep plenty on hand. Enjoy small meals throughout the day. Ready-to-eat whole grain cereal, nuts, eggs, cheese, peanut butter and whole grain crackers are also good foods to stock.

## Put it on paper

People who write down what they eat each day are more likely to succeed at losing weight. By tracking your meals, you'll see what kind and how much food you are eating over the day.

## Get moving

You may have to start off slowly, but physical activity will burn calories, reduce stress and may help prevent depression. The best advice is to take your baby for a walk and make it part of your daily routine. If you have never exercised before or if you have questions, call your health care provider.



Building exercise into your daily routine helps you stay happy. Take a walk with your baby every day.



If you started to use tobacco again after you had your baby, don't give up. You can still stop smoking/vaping. You've quit once, and you can definitely do it again!

## Still using tobacco? It is NEVER too late to quit!

Whether you cut back while you were pregnant and are now ready to quit for good, or if you are just now deciding to take the plunge, it isn't too late to quit tobacco.

Some tips for quitting tobacco include:

- ✓ Make a list of reasons for quitting.
- ✓ Think about when, where and why you use tobacco.
- ✓ Find three daily habits you can change to reduce your chances of using tobacco.
- ✓ Think of ways to keep your hands and mouth busy (like chewing gum, sipping water, playing with a rubber band or doodling/drawing)

Now that you are no longer pregnant, you may be able to use medications that can improve your chances of being able to quit. These include the nicotine patch, gum and lozenges. Talk to your health care provider before beginning any new medications, even over-the-counter ones, especially if you are breastfeeding.

If you are breastfeeding and are considering using a medicine to help you stop using tobacco, please talk with your health care provider before you start taking the medicine.

## Make your action plan

Think about when and where you might be tempted to smoke/vape.



List the places:

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

What can you do to keep from smoking/vaping?



List things you can do:

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



Being prepared will help you  
be more successful in staying  
tobacco-free.



Help stay tobacco-free by getting support from family, friends, your health care provider and quit-smoking counselors.

## Resources

For help with keeping your baby away from secondhand smoke, quitting smoking and other parenting topics, call:



QuitlineNC  
800-QUIT-NOW  
QuitlineNC.com



Your doctor or  
healthcare provider



Your county public  
health department



Websites for more information  
on staying smoke-free:

- ✓ YouQuitTwoQuit.org
- ✓ SmokeFree.gov
- ✓ BecomeAnEx.org

# Free Quit Coaching from QuitlineNC

1-800-QUIT-NOW (1-800-784-8669)

Want to double your chances of quitting for good?  
Enrolling in Quitline and talking with a trained QuitCoach  
can help you quit tobacco and stay tobacco free.

QuitlineNC is free, confidential and available 24 hours,  
seven days a week.

Enroll by:

- ✓ Calling 1-800-QUIT-NOW
- ✓ Text “Ready” to 200-400
- ✓ Visit [QuitlineNC.com](https://quitlineNC.com)



Double your chances of quitting –  
enroll in QuitlineNC!





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