

# Communities Make a Difference You quit. Two quit.

A lot of changes happen when your friend, family member, or employee gets pregnant and has a baby. For both mom and baby, it's more important than ever to quit smoking. There are many ways that you can support a pregnant woman or new mom, including quitting smoking yourself. If you are a smoker and decide not to quit, it is very important not to smoke in the same room or in the car with pregnant women and babies.



***When pregnant women and new moms stay smoke free and away from second-hand smoke, there are many benefits. Here are some of them:***

### ***Benefits for Baby During Pregnancy:***

- ❖ Increases the amount of oxygen the baby will get
- ❖ Increases the chances that the baby's lungs will develop well
- ❖ Lowers the risk that the baby will be born too early
- ❖ Increases the chance of having a normal-weight, healthy baby
- ❖ Increases the chance that the baby will not have to stay in the hospital when mom comes home

### ***Benefits for Baby After Being Born:***

- ❖ Helps keep the baby healthy
- ❖ Reduces the number of ear infections the baby will have
- ❖ Reduces the chance that the baby will have asthma
- ❖ Helps prevent Sudden Infant Death Syndrome (SIDS)
- ❖ Helps prevent colds and serious illnesses like bronchitis and pneumonia
- ❖ If the baby was born too early, quitting smoking and staying smoke free is even more critical because premature babies are at higher risk for the problems listed above

### ***Benefits for Pregnant Women and New Moms:***

- ❖ Gives her more energy and helps her breathe more easily
- ❖ Saves her money that she can spend on other things
- ❖ Makes her clothes, hair, and home smell better
- ❖ Makes her food taste better
- ❖ Lets her feel good about what she's done for herself and her baby
- ❖ Increases her choices of family planning methods
- ❖ Helps prevent heart disease and cancer, the leading causes of death in women
- ❖ Helps prevent colds and serious illnesses like bronchitis and pneumonia

you quit  two quit

NORTH CAROLINA  
Health  Wellness  
TRUST FUND

[www.youquittwoquit.com](http://www.youquittwoquit.com)

*When a pregnant woman or new mom quits smoking, she needs support from people around her.*



***Here are ways that you can help:***

- ❖ Quit smoking at the same time
- ❖ Do not smoke around the woman, especially in the house or car
- ❖ Ask others to not smoke around her
- ❖ Be patient and encouraging
- ❖ Help out with chores to ease her stress
- ❖ Remind her how well she is doing with not smoking
- ❖ Encourage her to tell her doctor or midwife about her plans to quit – there are medications and nicotine replacement products (like the patch and gum) that she may be able to use when she is no longer pregnant.
- ❖ Encourage her to call QuitlineNC – 1-800-QUIT-NOW – a phone service offering free quit coaching that can double her chance of quitting for good (see below).

***Here are ways to encourage your community to go smoke-free:***

- ❖ Create a smoke-free workplace. This can be done by not allowing smoking in your workplace or on the grounds outside. This can apply to offices as well as businesses such as coffee shops, movie theaters, bowling alleys, and much more. Do not allow smoking near the entrance to your business.
- ❖ Eat out at smoke-free restaurants. As of January 2, 2010, restaurants and bars in North Carolina will be smoke-free.
- ❖ Take your children to smoke-free child care providers. Make sure that smoking is not allowed inside or outside of the building.
- ❖ Support efforts to make public areas smoke-free, such as public recreation facilities and athletic fields.
- ❖ Encourage groups that you are part of, such as sports leagues, churches, scouting, and civic clubs, to go smoke-free at meetings and events.



***These free resources are available to all community members:***

**[www.YouQuitTwoQuit.com](http://www.YouQuitTwoQuit.com)**

The You Quit – Two Quit website is available to all North Carolinians. It has special sections for pregnant women, new moms, friends and family members, and health care providers. The website provides more information about smoking, the benefits of quitting, and ways to help.

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

QuitlineNC provides free, one-on-one quit coaching over the phone. You will be paired with an experienced Quit Coach who will help you create a plan designed just for you and be there to help you stick with it. QuitlineNC is free, confidential, and available from 8:00 AM to 3:00 AM, seven days a week.