

Pregnancy and quitting smoking

Many women choose to quit smoking once they become pregnant. This decision helps the baby's and the mother's health.



Some benefits to the baby's health from quitting are:

- an increase in the amount of oxygen the baby receives, which helps the baby develop.
- improved chances the baby will have a healthy birth weight.
- a decreased risk of birth defects, such as a cleft lip or palate.
- a decreased risk of Sudden Infant Death Syndrome (SIDS).
- a decreased risk of asthma.

Using quit-smoking medications while pregnant

In general, women should NOT use quit-smoking medications while pregnant because these medications can affect the developing baby. Women should talk with their doctors for advice on quitting smoking while pregnant.

I spend a lot of time with people who smoke

If your partner, family members, friends or other household members smoke, they may want to quit with you! Together, you can plan for quitting; figure out ways to deal with quitting-related stress; and help each other in many other ways.

If your partner, family members, friends or other household members will continue to smoke as you quit, it's still important to consider how they can help you and your baby. You can:

- Ask people not to smoke around you. This helps you quit and stay quit, but also keeps harmful second-hand smoke away from you and your developing baby.
- Make your home and car smoke-free. Ask your partner and everyone else not to smoke **at any time** in your car or home. This also reduces second-hand smoke exposure for both you and your baby, while you are pregnant and after the baby is born.
- Remind your partner and others that quitting is hard, and that you might become angry or irritable when you quit. If you or your partner is worried about irritability, make a plan ahead of time for how you will deal with arguments. One strategy is agreeing to take ten minutes away from each other when either of you feels angry.
- Ask your partner to encourage you by celebrating the success you have with quitting.

For more suggestions on how your partner, friends and family members can be helpful, visit pregnets.com. Dads who want to quit can visit [Dads in Gear](#) for more information. *Continue to the next page learn about more **FREE** resources for quitting.*

Additional information and resources for women.

<http://women.smokefree.gov/>

<http://www.becomeanex.org/pregnant-smokers.php>

For a texting program to help pregnant women quit smoking, try [Smokefreemom](#).

FREE ways to get help with quitting tobacco

- If you have **questions**, want **free information**, or **free in-person, one-one-one coaching** - call MGH Community Health Associate's [Living TOBACCO-FREE](#) at 781-485-6210.
- If you want **free over-the-phone coaching and free nicotine patches** - call the Massachusetts Smoker's Helpline at **1-800-Quit-Now** or **1-800- Déjalo (Spanish)**. Other languages: 1-800-784-8669. Deaf/TTY: 1-888-229-2182. 24 hours a day, 7 days a week. For more information, visit [Make Smoking History](#).
- If you want **free online help with quitting** - visit [Smokefree.gov](#) (also offers **texting** programs) and [BecomeAnEX.org](#).
- If you are a **Partners HealthCare employee**, contact **Partners in Helping You Quit** at 617-724-2205 or PiHQ@partners.org. You may be eligible for free medication or over-the-phone counseling to help you cut down or quit.



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