



# STAR Quit Plan for Pregnant Women

There are many reasons to quit smoking if you are pregnant. Perhaps none is as important as having a healthy baby. Quitting smoking anytime during your pregnancy will improve your baby's chances of being born healthy. Quitting smoking, even cold turkey, is safe during pregnancy and is the best gift you can give to yourself and the ones you care about. You may have already tried to quit before. But you can double your chances of quitting for good by calling QuitlineNC and signing up with a Quit Coach. QuitlineNC is free of charge and available 24 hours a day, seven days a week.



**Set a quit date -- ideally, the quit date should be within 2 weeks. That gives you enough time to get ready to quit smoking, chewing or dipping. Think about choosing a special day:**

- Your birthday or day you got married
- New Year's Day
- 4<sup>th</sup> of July
- The Great American Smokeout
- What special day do you choose? \_\_\_\_\_

**T**ell family, friends, and co-workers about quitting and request understanding and support. Does someone close to you smoke? Ask them to quit with you, or at least not to smoke around you.

List the friends, family or co-workers that you are going to tell that you are quitting.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Quitting during pregnancy is safe and is good for the baby and for you. While you may experience withdrawal symptoms, like a change in mood or a strong urge to smoke, quitting will not hurt the baby.

**A**nticipate challenges to quitting smoking, chewing or dipping, particularly in the first few weeks.

What challenges do you think you may have?	How will you handle them?
1.	
2.	
3.	
4.	
5.	

Here are the benefits for you and your baby when you quit smoking and stay tobacco-free:

**For your baby:**

- Increases the amount of oxygen your baby will get.
- Increases the chances your baby's lungs will work well.
- Lowers the risk that your baby will be born too early.
- Increases your chances of having a normal-weight, healthy baby.
- Increases the chances your baby will come home from the hospital with you.
- Lowers the risk of Sudden Infant Death Syndrome (SIDS)

**For you:**

- Gives you more energy and helps you breathe more easily.
- Saves you money that you can spend on other things.
- Makes your clothes, hair, and home smell better.
- Makes your food taste better.
- Helps prevent heart disease and cancer, the leading causes of death in women
- Helps prevent colds and serious illnesses like bronchitis and pneumonia

**R**emove tobacco products from your home, car or work. Getting rid of things that remind you of smoking, chewing or dipping will also help you get ready to quit. For more information on quitting during pregnancy and staying tobacco-free after the baby is born, check out [www.YouQuitTwoQuit.com](http://www.YouQuitTwoQuit.com)

Sources – [www.smokefree.gov](http://www.smokefree.gov)  
[www.YouQuitTwoQuit.com](http://www.YouQuitTwoQuit.com)