

# TEH SHEET INFOSHEET

## *Out socialising*

Try to socialise with people who don't smoke! Tell people straight away that you don't smoke, and that you don't want to.

## *Drinking alcohol*

Try avoiding alcohol. Try a different, non-alcoholic drink. Hold something else in your free hand.

## *Driving a car*

Take the ashtray and lighter out of the car, and keep your car smokefree.

## *Watching television*

Sit in a different chair. Have something to keep your hands busy. Nibble on healthy snacks. Keep busy in the ad breaks. Drink water – keep a water bottle beside you.

## *On the telephone*

Make a list of the reasons you want to stay quit, and keep it by the phone to look at while you talk. When the phone rings, or you go to use the phone, remind yourself "I don't smoke." Put paper and pen by the phone – doodle.

## **Remember:**

### **Kia mahara tonu:**

- a slip-up is not a relapse – it's just a slip-up
- your reasons for quitting
- practise saying "I don't smoke", "I am a non-smoker, or "I'm not smoking any more."

**The Quit Group**  
TE ROOPU ME MUTU

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**Smoking and  
Pregnancy**  
**Te Momi Hikareti me  
te Wahine Hapū**

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**Quit Me Mutu**

## The facts

### Ngā mea pūmau

Smaller babies **do not** mean a shorter or easier labour.

Quitting smoking **does not** make everyone put on more weight. Gaining 10 to 13 kilos during pregnancy, while eating a wide range of foods, is healthy for you and your baby.

Smoking **does not** relax you – it speeds up your heart rate, slows down your nervous system and makes your blood pressure higher.

It is better to quit part way through your pregnancy than not at all. Even quitting at three months helps your baby – most of the baby's growth happens later in the pregnancy.

### It's never too late to quit for your baby

#### Kāhore e tūreiti rawa ki te mutu mō tāu tamaiti/pēpi

Any smoking during pregnancy puts poisons into your baby's food supply.

Tobacco is never safe. Even in ashtrays and packets, it is a danger to children – it is poisonous. Matches and lighters also cause fires in homes, and hot ash and cigarette ends can burn.

## Tobacco poisons affect baby

### Ngā pānga kino o te paitini tūpeka ki a pēpi

When you smoke, the poisons in the tobacco are going into you and your baby. Nicotine affects your baby's blood supply, as well as affecting you. Every puff you take increases the carbon monoxide poison in your bloodstream, so when you smoke:

- less oxygen and nourishment get to your baby
- your baby's heart beats too fast (so does yours)
- your baby's chest muscles don't have enough oxygen to exercise properly, to get ready for breathing after birth.

You are more likely to lose your unborn baby (miscarry) if you smoke during pregnancy.

### A smoker's baby is more likely to:

#### Mehe he momi hikareti te whaea ka pēnei te āhua o tāna tamaiti/pēpi:

- be stressed during labour, leading to a complicated birth
- have a low birth weight, making health problems more likely
- die at, or shortly after, birth
- die of cot death, or SIDS (sudden infant death syndrome)
- have coughs, colds and other breathing problems
- get ear infections
- develop asthma.

## Once you have quit for your baby ...

### Ka mutu koe mō tāu tamaiti/pēpi ...

You have many reasons to stay smokefree. If you smoke, your child is more likely to:

- be hospitalised
- get middle ear damage
- get chest illnesses or asthma
- have poor breathing and lung development
- grow up to be a smoker (copying you).

If you start smoking again, you are more likely to get serious diseases, such as cancers, stroke, heart disease, breathing diseases like emphysema and bronchitis, and circulation damage causing pains in the legs and trouble with walking.

### Staying smokefree after pregnancy – some tips for tough times

#### Te noho auahi kore i muri o te whānautanga – ētahi tohutohu mō ēnei wā

So you quit smoking for your pregnancy – great! Now you want to stay a non-smoker, for yourself and for your child. Some times are harder than others, and it's good to learn new ways of dealing with the 'tough times'.

#### Seeing other people smoke

Move away from smokers when you can. Ask your family/whānau and friends not to smoke inside your home. Get rid of all the ashtrays. Maybe you know someone who wants to quit, and you can support each other.

For more help, call the Quitline 0800 778 778

**Quit** **Me Mutu**