

Staying Smoke-Free After Pregnancy: A Guide for New Parents

Congratulations on your new baby! Staying smoke-free during a pregnancy is no easy task - you have taken an important and meaningful step for your health and the health of your family.

Talk with your healthcare team about what support you may need to stay smoke-free after giving birth.

Why should I try to stay smoke-free after my pregnancy?

Staying smoke-free will support your health and the health of your family.

- Secondhand smoke can damage a baby's lungs and cause other health problems as they grow. Staying smoke-free helps them grow up healthy.
- Staying smoke-free protects your health and reduces your risk of smoking-related diseases, such as respiratory illness (breathing problems) and heart disease.

What supports are available to help me stay smoke-free?

There are many supports that can help you stay smoke-free.

- There are different smoking cessation (quitting) programs to help you stay motivated and on track.
- There are medications that can help you stay smoke-free.
- Talk with your healthcare professional for a personalized plan.
- Be aware of your smoking triggers. If you're having trouble staying smoke-free, reach out for support from your healthcare team. We are here to help you!

- Build a support system around you by involving family, friends, and other new parents in your smoke-free journey who can encourage and support you.

Staying smoke-free after pregnancy is a positive step for your health, your baby's health, and the well-being of your family. Congratulations on your accomplishment!

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