

Help to quit smoking



Read here how Wendy and Steven managed to stop smoking.



Wendy and Steven are going to be parents

Meet Wendy and Steven.

Wendy is pregnant.

It was a fantastic surprise.

Wendy is so happy and wants to be a good mum.

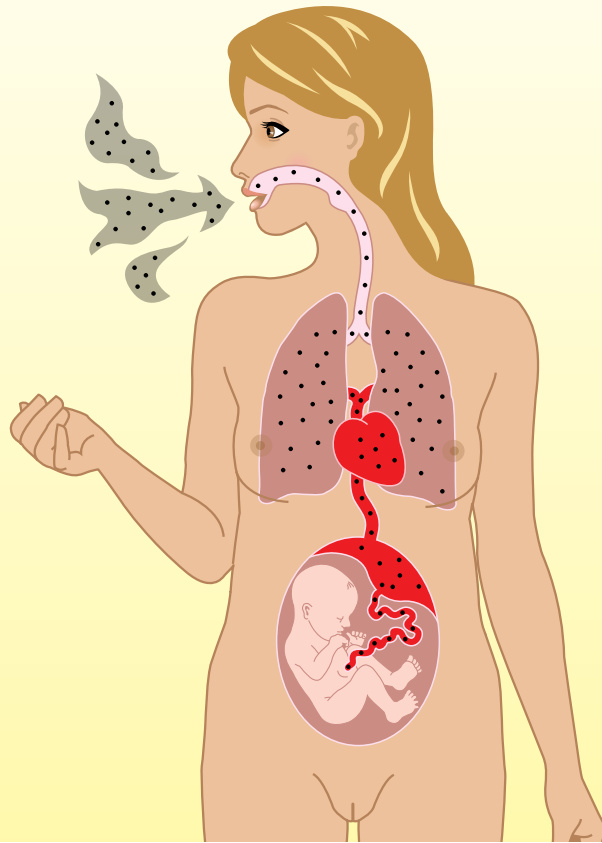
And Steven's proud that he'll be a dad!

They want the best for their child.

Wendy and Steven don't want to smoke during the pregnancy.

They don't feel good about smoking but quitting smoking isn't easy.

Wendy and Steven would like to stop and they're going to go for it.



Harmful substances are passed onto the baby

Now that she's pregnant, Wendy is smoking less.

Steven's smoking less too.

They know that smoking isn't good.

The harmful substances in smoke, such as nicotine, are passed onto the baby.

The drawing on the left shows how nicotine gets passed onto the baby.

It's really unhealthy and harmful for the baby.

They find it difficult to stop smoking because they're both so used to it.

They smoke when they're stressed or bored.

And when they're with others who smoke.

They wonder whether they can stop.

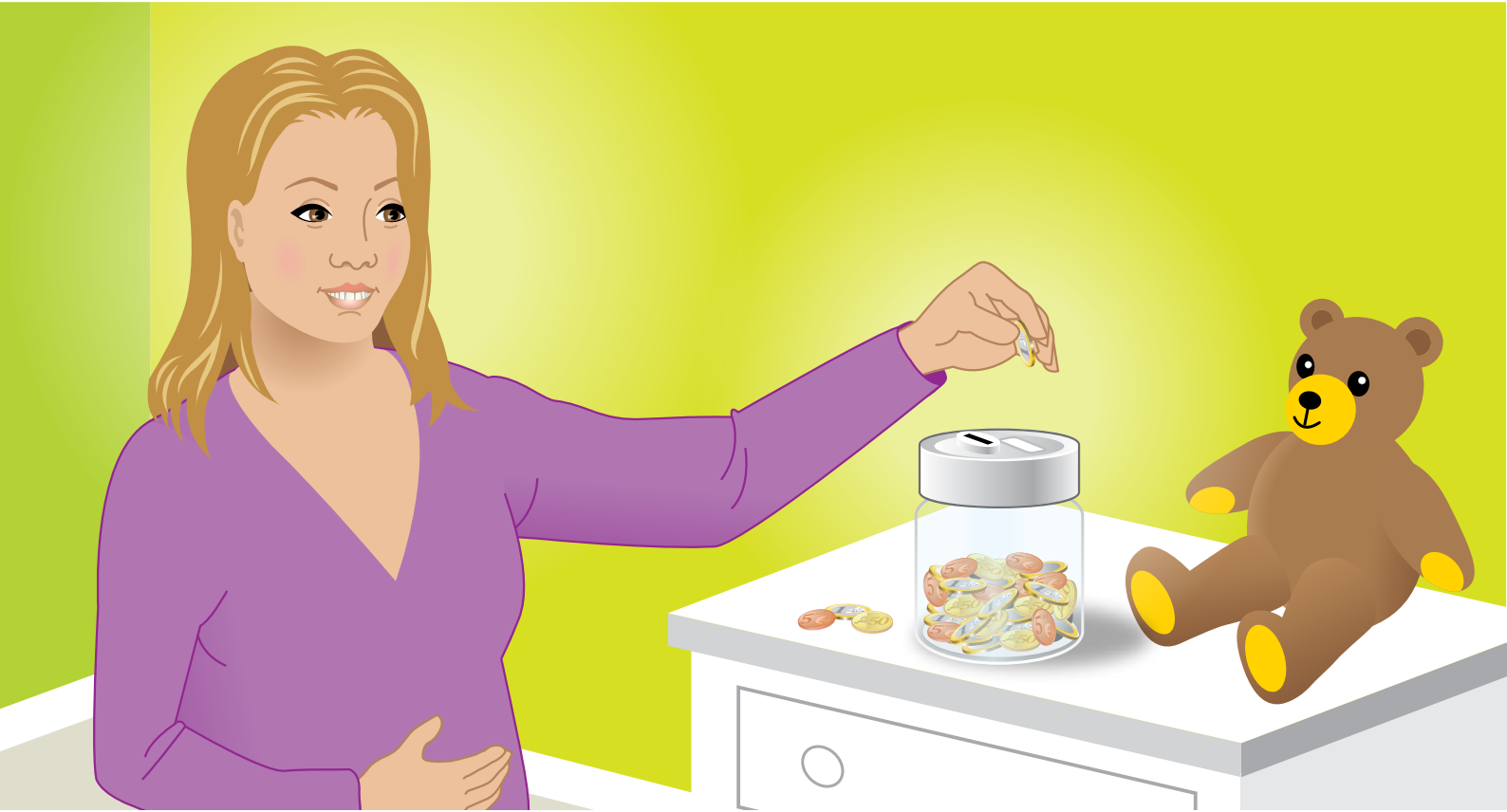


The baby in the womb

Wendy and Steven's baby receives oxygen and nutrition via Wendy's blood. When Wendy smokes, less oxygen and nutrition is passed onto the baby. That means their baby won't grow very well.

The baby could also be born prematurely, or even die. Or it could be born with a hair lip or clubbed foot. When Wendy and Steven's child gets older it could still get ill because of the smoking. Their child could, for example, suffer from asthma.

Wendy and Steven want their baby to feel well and grow properly. And they don't want to harm their baby's health. They want to stop smoking. But how?



Advantages of quitting smoking

If they manage to stop smoking it will have many plus points for their health.

Wendy and Steven will be able to breathe more easily.

Their sense of smell and taste will improve so food will taste nicer.

They won't get yellowing teeth or wrinkles so quickly.

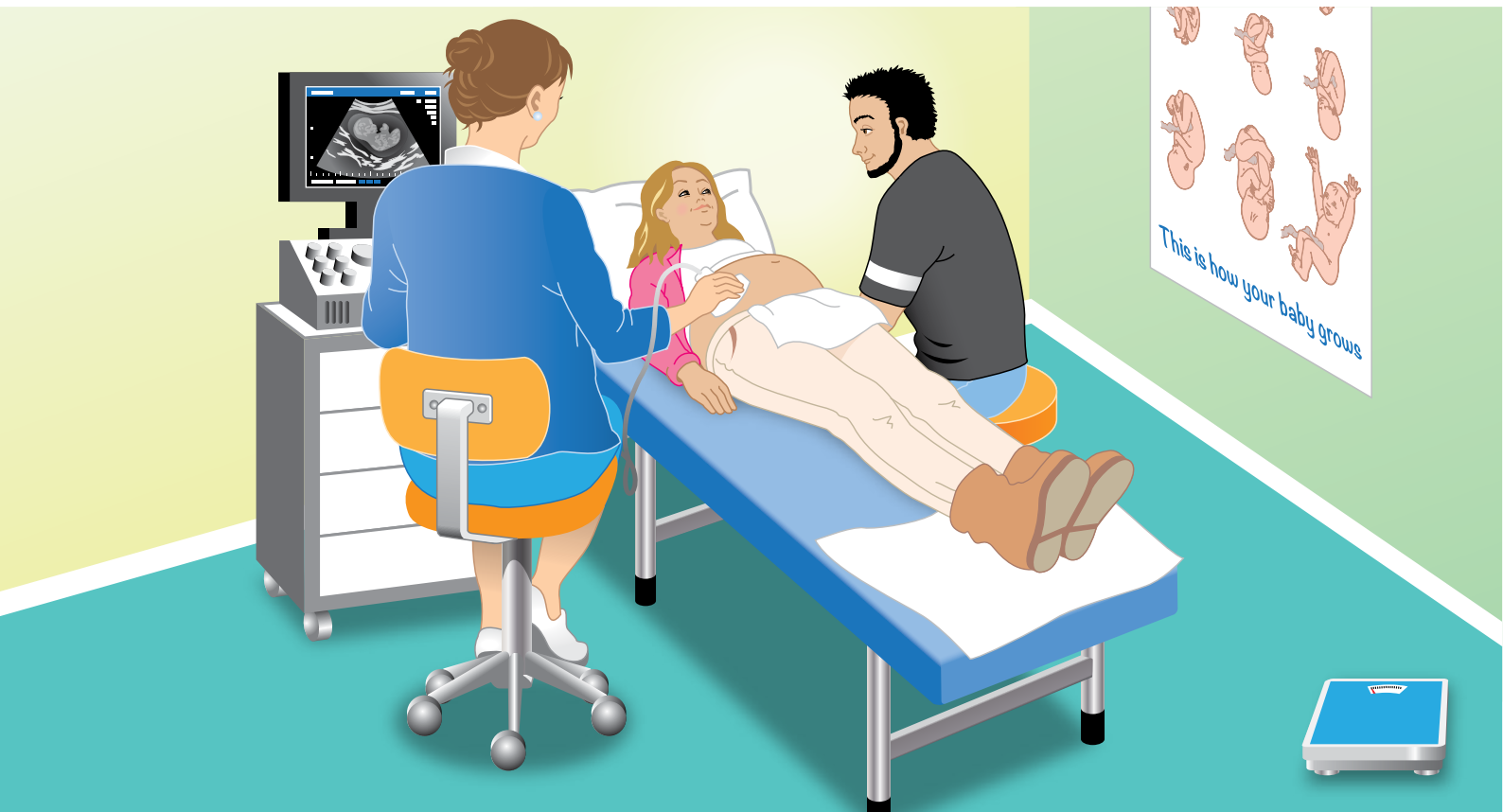
Mucous in their throats will be much less of a problem and they won't cough as much.

Wendy and Steven will also be in better shape and they'll have more energy.

The thought of all this makes them happy. Now, when they take the stairs they're quickly out of breath.

And if they don't buy cigarettes anymore, they can save money for nice things.

What do you think are important reasons to stop?



Wendy and Steven visit the midwife

Wendy and Steven have an appointment with the midwife where they see an ultrasound of their baby. They can see the baby move.

Things are going well with our child aren't they?
Wendy and Steven have a lot of questions.



The midwife answers questions

Wendy asked whether it's good to stop smoking in one go.

The midwife explained:

If you stop, that's really good.

The baby will immediately get more oxygen and nutrition.

That will help it to grow better.

But Wendy said: I get stressed if I don't smoke.

Is stress worse for babies than smoking?

The midwife explained:

Smoking is worse for the baby than stress.

And smoking adds to your stress because you're addicted.

If you have brief moments of stress, that's not harmful for the baby.

So it's no problem if you have the odd stressful day.



Wendy and Steven make a plan to quit smoking

Wendy and Steven would like to stop but it's difficult because they're addicted. It's easier to stop if you have a plan: a quit smoking plan. Four points are important if you want to stop smoking.

1. Choose a day to quit smoking

This is the day on which Wendy and Steven stop smoking entirely.

2. Find a distraction

When Wendy and Steven are busy, they don't think so much about smoking.

3. Look after each other

When you look after yourself and each other, you're also looking after the baby.

4. Ask for help

It's difficult to quit smoking. Asking for help from others can make it easier for you.



Step 1: The quit smoking day

Wendy and Steven are going to stop smoking tomorrow. That's their quit smoking day.

They throw all their cigarettes away as well as their ashtrays and lighters.

Wendy and Steven also clean their house. They open all the windows and vacuum and mop the whole house together. They also wash the bed linen and curtains. It's a lot of work, which is why they don't do everything in one day. They want to have a fresh and clean home before their baby is born. Having a fresh home helps you quit smoking. Wendy and Steven are ready for it. They're stopping smoking for themselves and their baby.

Wendy said: fortunately, we're stopping together. If we do it together, we'll manage it.



Step 2. Find a distraction.

Wendy and Steve have stopped smoking. It's not easy. They're sometimes tired, irritable or angry. Sometimes they feel like smoking. That's normal. These feelings will pass.

It's because they still have substances from the cigarettes in their bodies. It will get easier every day.

When Wendy and Steven are busy, they don't think so much about smoking. They've started jogging, which they do twice a week.

If they feel like smoking they eat some fruit, a cracker, a sugar-free sweet or chewing gum.

Then they do something totally different, such as:

- housework
- calling someone or going to visit them
- going outside for a while

What would be a good distraction for you?



Step 3. Look after each other

Now that Wendy and Steven have stopped smoking, they sometimes feel hungrier. That's normal.

The feeling of hunger will get less.

They agree to eat healthily and buy healthy snacks, such as cucumber, tomatoes, carrots, nuts and fruit. They'll need to get used to it, but it does give them a good feeling.

If they take good care of themselves, they're also taking good care of the baby. Wendy and Steven talk to each other a lot on difficult days. They support each other.

If one of them is having a hard time, they say: come on, let's stay on track. If you and your partner quit smoking together, keep talking to each other and support each other. Quitting together is easier!



Step 4. Ask for help

Wendy and Steven have told friends and family that they're quitting smoking. Everyone is proud of them.

They've agreed that nobody will smoke in their home anymore.

When they're with friends and family, they think: I don't want a cigarette because I don't need it.

They tell their friends and family:

We've stopped smoking and are still finding it hard.

Will you help us by not smoking when we're around?

If you don't smoke, it will be easier for us.

Wendy and Steven know that they can always visit the midwife or GP if they're struggling or if they need more help to quit smoking.

They can also call the FREE Stoplijn for help when quitting smoking. The number is 0800 - 1995. There's also a Rookvrije Ouders (Smoke-free Parents) coach they can call. They find the details at www.rookvrijeouders.nl.



Hang in there - you can do it

One time, Wendy couldn't cope and she smoked a cigarette.

She felt really bad.

Wendy called the midwife.

The midwife said:

Mistakes can happen.

You should be proud of yourself for not smoking for almost a week.

If you want to, you can just stop again.

You know you can do it, the midwife said.

The next day, Wendy stopped again.

Wendy is proud of herself

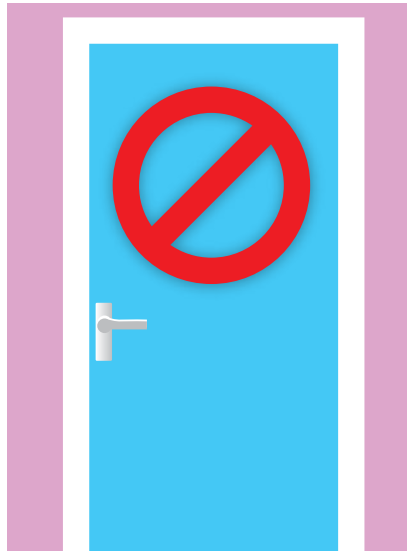
because each day she doesn't smoke really counts!

If someone smokes in the house or car, harmful substances such as nicotine and tar remain in your house or car. Even when the smoke has gone.

Harmful substances from cigarettes do not disappear if you:



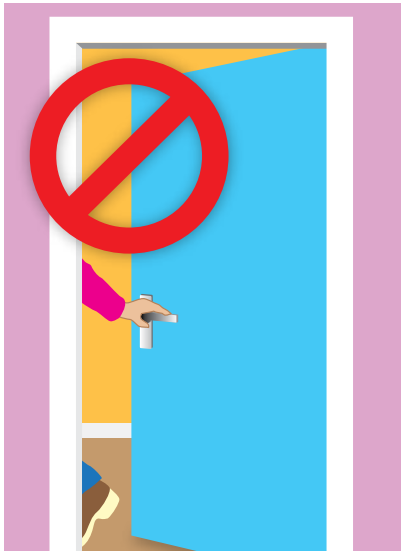
Open a window.



Close the living room door.



Spray air freshener.



Smoke in another room.



Switch on the kitchen
cooker hood.



Spray on deodorant or
brush your teeth.

Harmful substances from cigarettes also remain on your clothing, in your hair and on your hands. This happens if you smoke or if someone near you smokes. Protect your child and yourself by:

- Not smoking and by avoiding passive smoking.
- Ensuring a smoke-free home, car and living environment.

The quit smoking plan of:

1. My quit smoking date is:

2. Find a distraction

These are things I enjoy doing:

3. Take good care of yourself

I'll take good care of myself by:

4. Ask for help

I'll ask for help by:

Need help to quit smoking?

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