

Get help to stay smoke-free!

How beautiful you are! That's why I did it.



I stopped smoking for you.

I'm so happy!

Read here how Wendy and Steven managed to stay smoke-free.



Providing good care for our child

Wendy and Steven are the proud parents of baby Senna.
They want to provide good care for their daughter.

Attention, love, good nutrition and sleep are important for Senna.
And a mum and dad who don't smoke.
So Senna can grow up in good health.

Wendy and Steven have a lot of questions.
How do we stay smoke-free when times are hard,
such as if we're feeling stressed or have problems?
And what can we do to make sure nobody smokes near Senna?



Short nights

Wendy and Steven take good care of Senna.
It feels good being a mum and dad.
It's also new because so much has changed.

Senna sleeps a lot
but she also wakes up frequently.
She does this both day and night
when she needs a drink or a nappy change.
Wendy and Steven cuddle Senna a lot.

But when Senna cries, it's sometimes hard to quieten her, so
Wendy and Steven don't sleep that well.
They sometimes feel tired and stressed.
That's normal because it's hard work looking after a new baby.
After three months things start to get easier and after six months it's even fun.



Take good care of yourself

Wendy is often tired because of the short nights.
She wants to feel less stressed and to take better care of herself.
Wendy thinks a good mother should take care of herself,

which is why Wendy makes sure she eats and rests properly.
When Senna is sleeping, she also has a nap.
That reduces her stress levels.
And that helps her not to smoke.

Wendy and Steven sometimes also ask friends and family to help
with cooking, cleaning or looking after the baby.

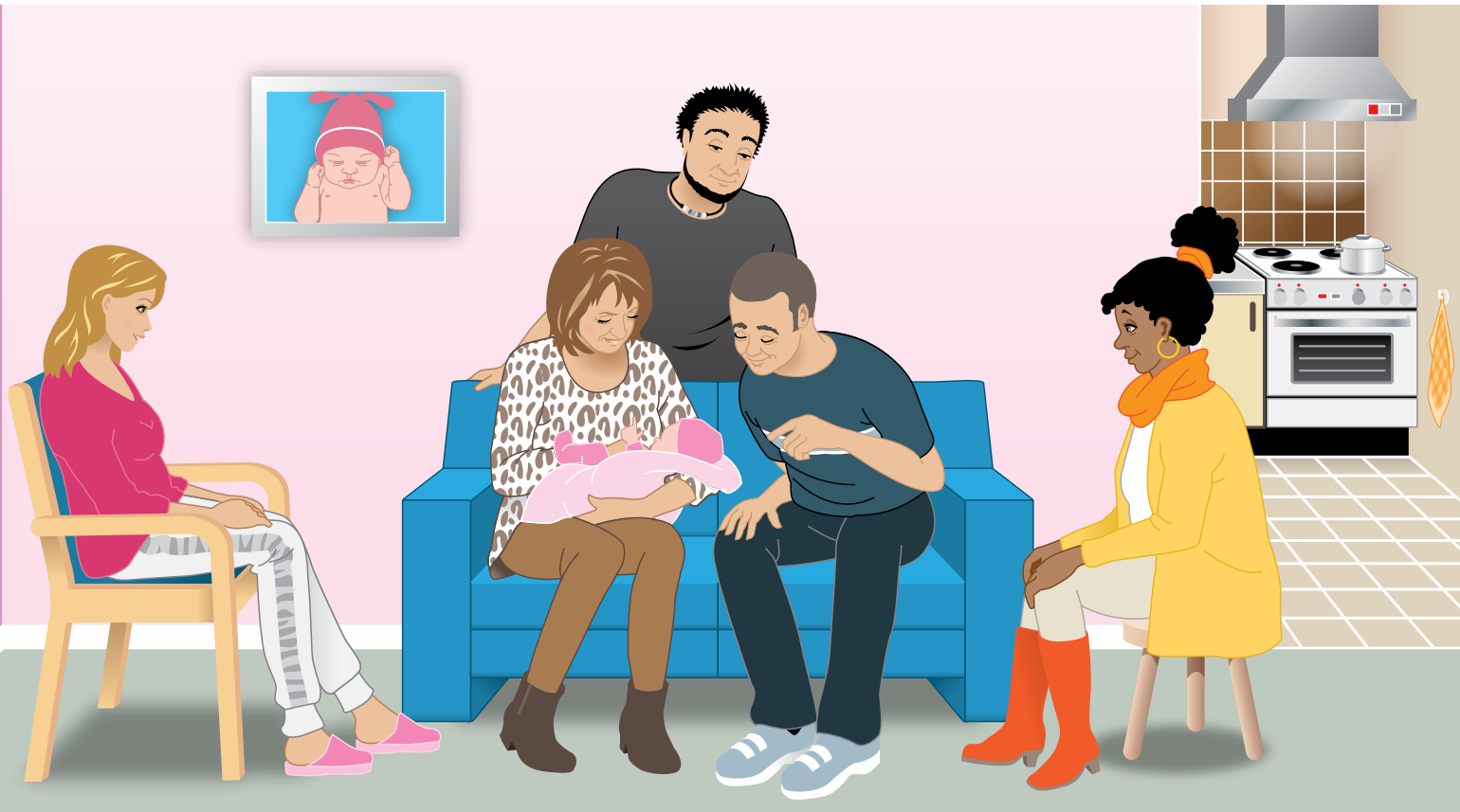


Staying smoke-free

Wendy and Steven want Senna to grow up in good health.
They also want to set a good example to her.
That's why they're not smoking.
It's good for Senna's health.
And good for their own health too.

Wendy and Steven want their home to be smoke-free.
Then Senna won't have to breathe in any nicotine or tar.
These are substances in cigarettes that you can't see but that do make you ill.
These substances could cause Senna to start coughing or develop a lung infection.
She could then become ill or even die.

That's why Wendy and Steven want to stay smoke-free.
And they make sure that nobody smokes near Senna.



A smoke-free home

Wendy and Steven often have visitors.

They enjoy that.

But visitors smoke.

Wendy and Steven don't want anyone smoking near Senna.

That's why they asked their friends and family for advice.

They made a rule together: nobody smokes in the house, in the car or near Senna.

They also asked their friends and family not to smoke just before they visit.

And to wash their hands properly.

Wendy and Steven found it difficult to ask their friends and family to do this, but everyone understands it and nobody minds.

Wendy and Steven feel they are good and proud parents.



It's sometimes hard being a mother

Wendy feels better now she's no longer smoking.

She can breathe more easily.

Her sense of smell and taste have improved so food is even tastier.

She also has more energy and is in better shape.

Wendy needs to get used to being a mum.

It's busy and she doesn't have much time for herself,
which is why Wendy sometimes suffers from stress.

And it's difficult not to smoke then.

Wendy wants help.

Someone she can talk to.

Someone who can help her so she doesn't start smoking again.



Ask for help

When Wendy visits the child health centre she wonders whether she can talk to someone there about staying smoke-free.

Would they think I'm not a good mother?

I want to be a good mother and don't want to start smoking again.

I need help because I can't do it on my own.

Wendy explained to Karen from the child health centre that she wants to stay smoke-free.

And that she sometimes finds it hard being a mother.

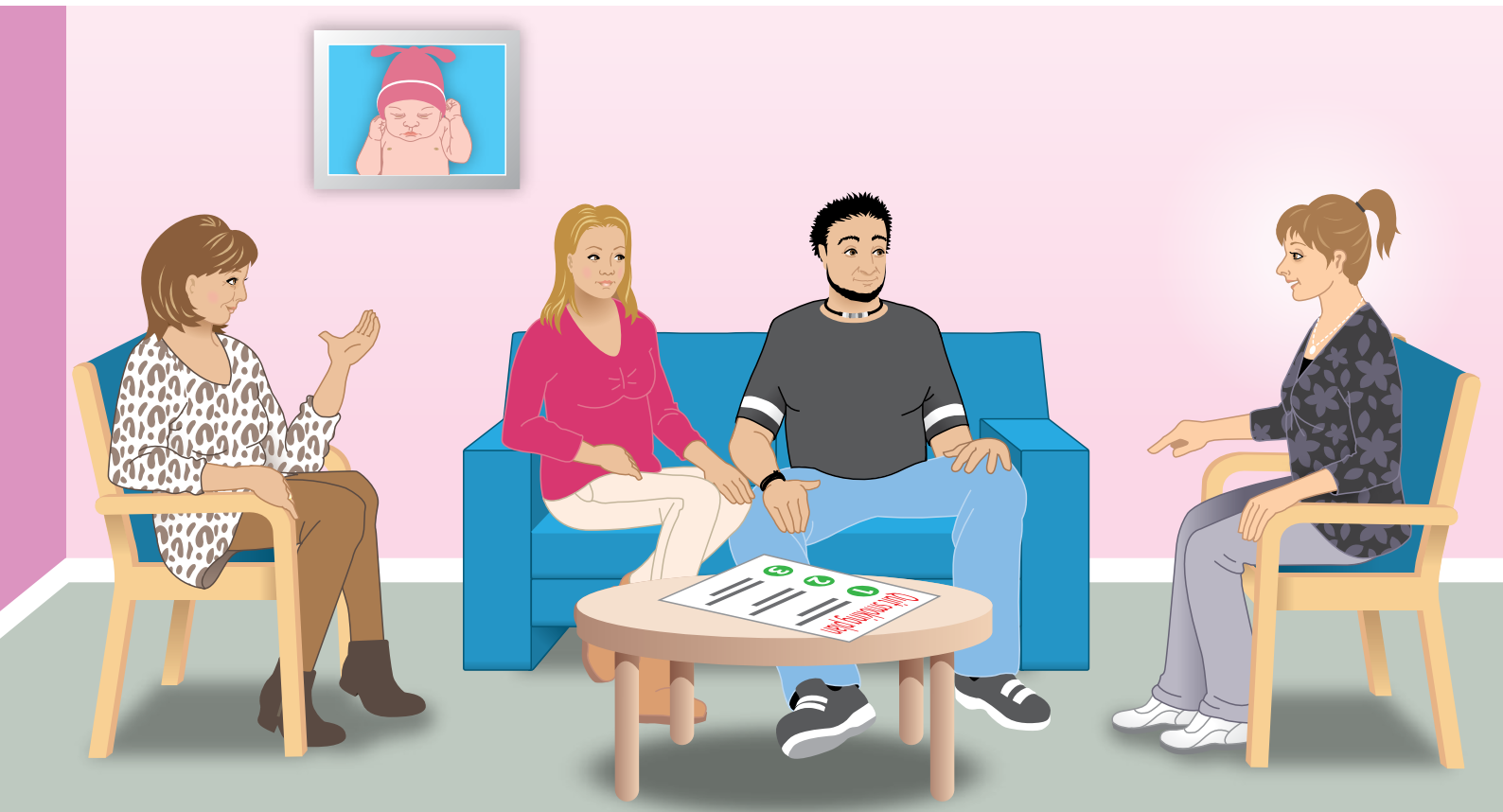
Karen told her:

By asking for help, you're taking good care of yourself and your baby.

It's normal to find it hard sometimes

and it's important that you make time for yourself.

What do you enjoy doing? What makes you relax?



Take a moment for yourself

Wendy makes a plan together with her mother, Steven and Karen.

They all think of things Wendy can do when she's feeling stressed, so that she doesn't smoke.

Wendy writes down the things that make her stressed and the solutions she has. Her mother is happy to do more childminding so Wendy can have a relaxing day.

Wendy's going to do that.

And Steven will support her too.

Talking to another person also helps, such as with Karen or the GP.

They all want to help Wendy stay smoke-free.

What do you need to stay smoke-free? And who can help you?

After the birth, the midwife, maternity nurse, GP and child health centre are there for you. They won't judge you and will be happy to help.

You can also call the free Stoplijn on 0800 - 1995. And you can get help from a telephone coach from Rookvrije Ouders (Smoke-free Parents)

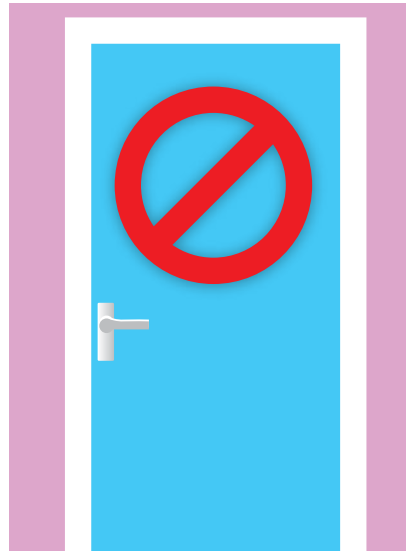
(www.rookvrijeouders.nl).

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:



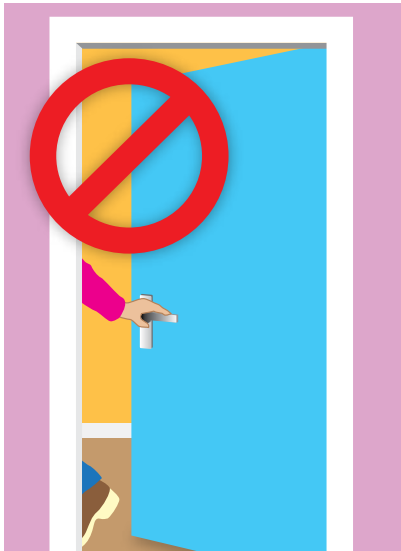
Open a window.



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.

Need help to quit smoking?

Ikstopnu.nl

Ikstopnu-lijn
0800-1995
GRATIS

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