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#### Quitting Is Hard.

Giving up a habit is never easy, especially smoking. It takes a lot of work and effort. To make it easier, give yourself alternatives to smoking, such as eating carrots or chewing gum. Also, smoking is a social habit, and it is often fun to go on smoke breaks and talk with others. A great thing to do is ask your friends to help you. Let them know you are pregnant and need to quit smoking, and most of them will be willing and ready to help.



#### How Can I Quit Smoking?

Tobacco can be a very addictive substance, and it may be very difficult to stop the cravings for cigarettes. The cravings and addiction can be physiological and also psychological. Oftentimes, smoking is pleasurable and done in social situations and with other people. But the addiction can be overcome with hard work and determination. Here are a few tips that may be helpful as you get started:

If you think it is healthier for your baby and for you, list the reasons you want to quit.

Set a date to quit. If you can't quit on the date you set, try to smoke fewer cigarettes that day and set a new day to quit.

On the day you decide to quit, throw out all cigarettes, lighters, etc.

Find a buddy who does not smoke and ask that person to help you quit.

If you usually smoked when doing a certain activity, try to stay away from or change the activity.

You have to learn about your smoking habit and either figure out methods to cope or change your urges to smoke. For instance, some experts think that when the urge to smoke hits you, the "Four Ds" are helpful: Delay, Deep Breathe, Drink Water, and Do Something Else. There is no failure if you slip back into smoking. Find out why it happened, and then you can try again. The only failure is to just give up.



Make the decision and then follow through - it is best for both you and your baby.

