

Gentle Beginnings Midwifery  
**SMOKING AND PREGNANCY**  
Client Information and Resource Sheet  
(Jan 2013/Review due: Jan 2015)

### Why Quit?

Remember that cigarettes are made of over 8000 chemicals including arsenic, formaldehyde and lead (all used in products like rat poison, car batteries, gasoline and paint thinners). They also contain carbon monoxide which replaces the oxygen in the blood therefore less oxygen goes to your organs and the baby. Not only do all these chemicals cause cancer, they can also cause breathing difficulties and heart disease.

Effects on Pregnancy/Breastfeeding and Fetus	Effects on Child
<ul style="list-style-type: none"><li>- Increased risk of miscarriage</li><li>- Preterm labour (babies born too early are at high risk of many health complications)</li><li>- Placenta Previa (placenta covers your cervix which can cause severe bleeding)</li><li>- Placental Abruption (placenta detaches from your uterus)</li><li>- Fetal Growth Restriction (poor growth of your baby)</li><li>- Low birth weight (babies that weigh too little for their age)</li><li>- 30% decrease in breastmilk</li></ul>	<ul style="list-style-type: none"><li>- Increased risk of Sudden Infant Death Syndrome (SIDS)</li><li>- Increased risk of childhood asthma</li><li>- Increased risk of learning disabilities</li><li>- Increased risk of attention deficit hyperactivity disorder (ADHD)</li><li>- Increased risk of ear infections</li><li>- Increased risk of breathing problems</li></ul>

**Second hand smoke** is just as harmful especially for children. It may cause headaches, dizziness, nausea, wheezing and coughing. It can worsen allergies and asthma. Long term exposure can cause heart disease and cancer. Second hand smoke can decrease the oxygen going to your baby as well.

### How to quit?

Quitting smoking is not an easy task. Every single woman needs to find their own path to success. The good news is there is A LOT of help out there and it is very worth it. We strongly encourage you to at least take a look at some of the information to help you quit. Consider involving your partner in the process which will only add to your chances of success. Finally consider making your home and car smoke free and decreasing the amount of secondhand smoke in your surroundings.

### Eastern Ontario Health Unit

(this is your closest option for quitting smoking resources and support) **Healthline: 1-800-267-7120**

**Brief Contact Intervention:** This is for you if you would like to speak to a health care provider. It is a brief discussion (approximately 15 min) focused on motivational skill-building. You can repeat this discussion as often as you would like. It can be done over the phone or in person. Call the **healthline** for more information.

**Quit Smoking Online:** For those who prefer to try quitting on their own, this is an excellent program for you. It includes written information and videos to help guide you through, all free, all online! It is a step by step guide that includes checklists, what to expect, a contract for yourself etc. You can download the package and view the videos at [www.eohu.ca](http://www.eohu.ca) in the pregnancy-smoking section.

**Stopping when you're ready:** A five part series that can be ordered from the Health Unit on quitting smoking in pregnancy. Call **healthline** to order.

**Preventing Smoking Relapse:** A guide for partners of pregnant smokers, on how to support them in stopping smoking. Call **healthline** to order.

### Health Canada

**On the Road to Quitting:** A self help downloadable package that will help you understand your smoking habits and includes tips on getting ready to quit, dealing with cravings and staying smoke free. <http://www.hcsc.gc.ca/hcps/tobac-tabac/quit-cesser/now-maintenant/road-voie/indexeng.php>

**Quit 4 Life:** A self help package that can be ordered or sent to you electronically to help you quit smoking. This 4 step program is made for people between the ages of 14-19 y/o. <http://www.hc-sc.gc.ca/hcps/pubs/tobactabac/quit4life-vie100fumer/index-eng.php>

### Helplines

**Smoker's Helpline:** 1-877-513-5333

**Smoker's Helpline Website :** [www.smokershelpline.ca](http://www.smokershelpline.ca)

**Motherisk Helpline:** 1-877-327-4636 (motherisk is also a great resource for any drug safety in pregnancy and breastfeeding)

### More Websites

**Pregnets:** Prevention of gestational and neonatal exposure to tobacco. A website with information and support for pregnant and post-partum women and their families to improve their chances of success in quitting smoking. [www.pregnets.org](http://www.pregnets.org)

**Smoke Free Women:** this website offers downloadable tools, stories from other women, tips and specific information on different topics like pregnancy and depression. <http://women.smokefree.gov/>

**Expecting to Quit:** Help find what will work for you by visiting this site on best practices for quitting smoking in pregnancy. <http://www.expectingtoquit.ca/>

**STARSS (start thinking about reducing secondhand smoke):** <http://www.aware.on.ca/starss>

**Pregnets: Tips on how to make your home and car smoke free:** <http://www.pregnets.org/mothers/SecondHand.aspx>