



## NUNAVUT TOBACCO REDUCTION PROGRAM

# TOBACCO USE DURING PREGNANCY

**Reducing or quitting is the best thing you can do for yourself and the baby.**

Some people find it hard to stop smoking all at once. To start, try smoking fewer cigarettes each day. It is best to smoke less than five cigarettes per day.



**Second-hand smoke hurts children more than adults:**

Second-hand smoke is filled with poisons that spread through the air and hurt everyone in the room, including people who do not smoke. If a pregnant woman breathes second-hand smoke, her baby will also breathe the smoke. The baby may be born early, severely ill, with weaker lungs or be at risk for Sudden Infant Death Syndrome [SIDS]. Take three big steps away from anybody who is smoking to help protect you and your baby from second-hand smoke when you are outdoors.



Pregnant women who smoke are more likely to have a miscarriage, stillbirth or a baby born too soon. A baby born too soon may have more health issues. Smoking has worse effects on children because their lungs are small and they breathe faster.

**Nicotine replacement therapy (NRT) is safer than tobacco for you and your baby:**

NRT only has nicotine in it and does not have the toxic poisons found in cigarettes. One of the reasons people smoke is because they get addicted to nicotine.

When you are pregnant or breastfeeding, using short-acting NRT (gum, lozenge, inhaler, or the oral spray) is safer than smoking, can help reduce cravings and increase the chance of quitting

tobacco. If the short-acting NRT does not work alone, a nicotine patch can be added, but remove the patch before bed. Remember, NRT provides nicotine without the 7,000 chemicals and poisons found in cigarettes.



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## Nutrition tips during pregnancy:

Wholesome country food keeps you and your baby healthy. Other healthy food includes: veggies, fruit, whole-grain foods and dairy, plus iron-rich foods like dried meat, red meat, clams, mussels, beans, poultry and fish. The bonus is that food tastes and smells better once you quit smoking.



## How to get through a craving:

Use the four helpers to deal with cravings:

- **DRINK WATER:** Refreshing water helps beats the cravings and it is healthy for you and your baby.
- **DEEP BREATHE:** Slow and deep breaths can help you to relax.
- **DISTRACT:** Keep your hands busy with sewing, drawing or playing a game.
- **DELAY:** Do something else for five minutes and the cravings will pass.



## Make amautiit smoke-free



Do not smoke with your child in the amauti! Poisons from smoking stay on amautiit. It is best to never smoke when wearing your amauti. You can protect your children if you clean your amauti to remove the poisons from smoking.



## Things to do at the boarding home while you wait to have your baby:

- Ask the people at the boarding home about local prenatal groups or activities that you can join.
- Join the Tobacco Has No Place Here Facebook community. It has a great community of women who know what you are going through.
- Meditation and other thoughtful reflection can be a great way to help with stress.
- Find a friend to quit smoking with. You can help each other get through cravings and difficult times.



## How to get help with quitting tobacco?



Get support from the nurses at the health centre, community health representative, Elders, family and friends.



Contact the QuitLine toll free 1-866-368-7848



Email: [quithelp@gov.nu.ca](mailto:quithelp@gov.nu.ca)

Go to: [www.nuquits.ca](http://www.nuquits.ca)



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