

Myth:

“It will be easier to quit smoking after the baby is born.”

Fact:

When the baby is born, you will be adjusting to your new life and routine. That can be stressful and you may not want to focus on quitting smoking and going through withdrawal. If you can quit smoking before the baby is born, you will have developed coping skills and will be better able to cope with the arrival of your newborn.



IF YOU ARE THINKING ABOUT QUITTING, CONTACT:

Addiction Services _____

Smokers' Helpline 1-877-513-5333

Family Doctor _____

Primary Care Nurse/Nurse Practitioner

Pharmacists and /other PACT professionals—refer to:

PACT program— <http://www.makeapact.ca/>



www.nhcp.ca

Adapted with permission from the Prevention of Gestational and Neonatal Exposure to Tobacco Smoke (PREGNETS)

Myths and Facts Pregnancy and Tobacco

HEALTHY MOM - HEALTHY BABY - HEALTHY FAMILY



Myth:

“I’ve heard that smaller babies are easier to deliver.”

Fact:

Not necessarily. Pain during delivery is usually caused by contractions. These happen regardless of the size of the baby. Smaller babies are also more likely to have health complications and may have to stay in the hospital longer.





Myth:
"It's too stressful to quit smoking when I'm pregnant."

Fact:
Most people have stress in their lives and pregnancy means dealing with change. It helps to develop a coping strategies plan, so that you can cope with stress without smoking.

Myth:
"It's too late to quit smoking. It won't do any good."

Fact:
It's never too late to quit. Ideally, you should quit smoking before becoming pregnant. But you and the baby can benefit from quitting at any time during your pregnancy and even after the baby is born.



Myth:
"I was advised not to quit cold turkey because it is dangerous to my baby."

Fact:
Not true. It is more harmful to your baby if you continue to smoke.

Myth:
"My other babies were okay."

Fact:
Most people may claim to have "proof" that other women smoked and had healthy babies. Some babies may be born healthy, but it has been proven beyond a doubt that smoking during pregnancy means there is an increased risk of developing problems. The question is - how much of a risk are you willing to take?

Myth:
"If I cut down the number of cigarettes I smoke per day, I won't do as much harm to myself or my baby."

Fact:
Cutting down can be used as a way to help you get started in your quit plan. However, this does not help to protect you or your baby from the harm caused by smoking. Many smokers make up for smoking fewer cigarettes by inhaling deeper and longer, so you get just as much nicotine and tar from the cigarettes you do smoke. Also, if you continue to smoke, it means you are more likely to go back to smoking your usual number of cigarettes.

Myth:
"If I smoke 'light' cigarettes that are low in nicotine and tar, then I don't do as much damage to myself and the baby."

Fact:
Light and mild cigarettes do not reduce harm. Smokers often cover the holes in light cigarettes with either their lips or fingers. This means you get the same amount of tar and nicotine as you do from regular cigarettes.