

## 2. How to Avoid Smoke

### MODULE 1

Maybe you think that quitting smoking during pregnancy will increase your stress. However, remember that smoking is a stress for your body. If you smoke, your baby's heart and yours beat faster and your blood pressure is higher. If you quit smoking now, you will protect your baby from the most harmful effects of tobacco. In addition, once at home, your baby will not be exposed to cigarette smoke.

If you live with smokers, explain to them that their smoke can harm your baby. Even when they are not ready to quit, you can set certain rules to decrease the amount of cigarette smoke in your home.

Here is what you can do to reduce cigarette smoke in your environment.



Smoking is an addiction. **Everyone knows that it is very difficult to quit smoking but millions of people have succeeded.** When you are pregnant, the most important thing you can do for your baby is quit smoking. Talk to your health care provider before using a nicotine patch or nicotine gum.

If you need help to quit smoking, contact Addiction Services, Public Health Offices, Canadian Lung Association, Canadian Cancer Society, your health care provider, the New Brunswick Anti-tobacco Coalition or the Smoker's Helpline.

Smoker's Helpline: 1-877-513-5333 or [www.smokershelpline.ca/](http://www.smokershelpline.ca/)