

# SMOKING CESSATION

Often when women discover they are pregnant, they decide to stop smoking, to improve their own health and the health of their baby. Frequently, those first few days as a non-smoker are the most difficult. Here are a few suggestions from the Maternal Substance Abuse and Child Development Project to help negotiate those first critical days:

## THE FOUR A's OF SMOKING CESSATION:



**AVOID** high temptation situations -- these are situations where you know you will be tempted to smoke, or situations where you regularly smoked. For example, you may choose to avoid a favorite restaurant for a short time until you've successfully made it through those first few days.

**ALTER** those situations you can't avoid -- make a plan to change your behavior or some aspect of the situation so that you'll be less likely to smoke. Some situations can't be avoided; like having dinner with your parents, who are smokers. Think of some ways to change the situation or your behavior to decrease your desire to start smoking.



**ALTERNATIVES** -- find other things to do besides smoking. Think ahead: What activities can you do that will distract you from wanting that cigarette?

**ACTIVE** - Get active to help you cope with urges to smoke. That's right! Get moving! Go for a short walk to clear your head and remind yourself why you want to stay "smoke-free."

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