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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