

Young parents tips



to help you quit

Preparing to quit

- Make house and car smoke free
- Let family and friends know
- Find a friend to quit with you
- Remove ashtrays from house
- Stock up on chewies and healthy snacks
- Reduce the number of cigarettes you smoke

Coping with the cravings

- Hold something in the other hand when drinking (coffee/tea)
- Gardening
- Clean the house. Its gotta get done sometime!
- Have art, hobby, craft to do
- Make a list of all the jobs around the house that you have put off, then do them
- Play with your children

IMPORTANT – CHANGE IS HARD WORK, SO REWARD YOURSELF

Remember why it was important for you to quit.

If you relapse, don't panic. We are all human beings, we don't always get it right the 1st, 2nd or 3rd time. What is important is that you get yourself back on track as soon as possible.

BUTT OUT FOR BABY

Reasons to quit smoking

My Health

Nicotine is so addictive
Being breathless
Triggers my asthma
More chest infections, 'colds'
Feel worse when i'm sick
Fear of coughing up my lungs

Foul taste and smell

Smoking ages my skin, stains my fingers and teeth
House and car stink

During Pregnancy

I know what every cigarette is doing to my baby
Restricts blood flow to unborn baby
Increases risk of low birth weight and other health problems

My child's health

Reduces my breast milk
Passive smoke increases likelihood of asthma, chest and middle ear infections, SIDS
I don't want my child to smoke
My child tells me to stop smoking

Money

I can't afford to smoke
I hate scabbing smokes off people

Quitline 131 848
Youth Helpline 1300 13 17 19



GOVERNMENT
OF SOUTH AUSTRALIA

This information was produced by young parents for young parents

BUTT OUT FOR BABY