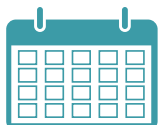


# PREGNANCY & TOBACCO USE

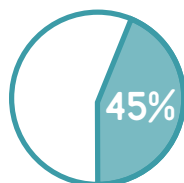
Quitting smoking can be hard, but it is one of the best ways a woman can protect herself and her baby's health.



**13%-20%**  
of all pregnant tobacco users continue to smoke throughout their pregnancies



**60%-70%**  
of women go back to tobacco 6 months after their child's birth



**45%** of women who quit tobacco during pregnancy go back to tobacco within 2 to 3 months of their child's birth



up to **80%**  
of women go back to tobacco by their child's first birthday

## TRIGGERS THAT MAY MAKE IT HARD TO QUIT



Your partner smokes or there are one or more smokers in your home



Feeling nostalgic for one's "former self"



Drinking beverages with caffeine or alcohol



Concerns about weight gained in pregnancy



Stress and sleep deprivation or interruption



Baby blues



Major life change once the baby is born



Lack of social support

## TIPS FOR QUITTING

FIND WAYS TO MANAGE YOUR STRESS TO KEEP FROM GOING BACK TO TOBACCO.

WORK WITH A QUIT COACH TO HAVE THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD.

TALK WITH YOUR HEALTH CARE PROVIDER ABOUT THE POSSIBILITY OF USING QUIT MEDICATIONS.

For more information, visit [njhealth.org/quittobaccohelp](http://njhealth.org/quittobaccohelp)