

## Did You Know?

*Smoking around your baby can increase his or her risk for:*

- Sudden Infant Death Syndrome (SIDS)
- Asthma
- Frequent ear infections
- Colic
- Respiratory illnesses that require hospitalization
- Development of allergies
- Lung cancer, leukemia, and lymphoma as an adult
- Smoking when they are teenagers or adults



*It's estimated that secondhand smoke causes 150,000-300,000 new cases of bronchitis and pneumonia each year in children less than 18 months of age.*

## 10 Steps for Quitting

**MAKE A DATE** to quit and stick to it. Find help to support you while you quit. Make a quit plan.

**KEEP BUSY** to help take your mind off cigarettes. Throw away all your ashtrays, lighters, and tobacco.

**DRINK PLENTY OF FLUIDS.** Keep a glass of water or juice nearby and sip it steadily. Try different flavors.

**GET MORE ACTIVE.** Walk instead of using the bus or car. Try the stairs instead of the elevator. Exercise helps you relax and can boost your mood.

**THINK POSITIVE** - Withdrawal can be uncomfortable, but it is a sign your body is recovering from the effects of tobacco. Irritability, urges to smoke, and poor concentration, are common but they usually disappear after a few weeks.

**CHANGE YOUR ROUTINE.** Try to avoid places you usually smoked. You may also want to avoid being around others smoking until you feel you can be around them without wanting to smoke.

**NO EXCUSES.** Don't look for excuses to have "just one cigarette." There is no such thing as just one: you will soon want the next one and the next....

**TREAT YOURSELF.** If you can, use the money you are saving to buy yourself something special.

**BE CAREFUL WHAT YOU EAT.** Find something to do with your hands besides snacking. Snack on healthy foods like fruit, raw vegetables, or sugar free gum and lozenges to avoid weight gain.

**TAKE ONE DAY AT A TIME.** Each day without a cigarette is good for you and your child's health.

# *It's the perfect time to be tobacco free... once and for all*

*Free local resources to help you be tobacco free—for good.*



A program of the  
American Academy of Pediatrics  
**CATCH**<sup>™</sup>  
Community Access to Child Health

 **Healthy Start**  
of North Central Florida Coalition  
*Every baby deserves a healthy start*

## Contact Information

### Healthy Start

**Alachua County:** (352) 334-7940

**Bradford County:** (904) 964-7732

**Columbia County:** (368) 758-1135

**Dixie County:** (352) 498-1360

**Gilchrist County:** (352) 463-3120

**Hamilton County:** (386) 792-1414

**Lafayette County:** (386) 294-1321

**Levy County:** (352) 486-5300

**Marion County:** (352) 629-0137

**Putnam County:** (386) 328-0108

**Suwannee County:** (386) 362-2708

**Union County:** (386) 496-3211

[www.healthystartncf.org](http://www.healthystartncf.org)

### Suwannee River AHEC

1-866-341-2730

[www.srahec.org/qsn.php](http://www.srahec.org/qsn.php)

### Florida Quitline

1-877-822-6669

[www.floridaquitline.com](http://www.floridaquitline.com)

### Other Helpful websites

[www.smokefree.gov](http://www.smokefree.gov)

[www.becomeanex.org](http://www.becomeanex.org)

[www.quitnet.org](http://www.quitnet.org)

## Getting help **DOUBLES** your chances of quitting

**Quitting is hard, but help is available. There are several free, local programs that provide counseling, nicotine replacement therapy and other cessation resources.**

### Healthy Start

The Healthy Start program offers free cessation services to any pregnant or postpartum woman in the state of Florida. Smoking cessation is done one-on-one, frequently in the comfort of your own home. If stress is a barrier to quitting (or staying tobacco free), a licensed clinical social worker is available if you would like counseling services.

### Area Health Education Centers (AHEC)

Local Area Health Education Centers offer free group cessation classes as well as free nicotine replacement therapy for class participants. Suwannee River AHEC serves 12 north-central Florida counties, covering Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee and Union counties.

### The Florida Quitline

The Florida Quitline is a 24-hour, toll-free telephone-based cessation program. The Quitline offers the flexibility to schedule telephone sessions for a day and time that's convenient for you! Self-help material and nicotine replacement therapy is mailed directly to your home and social support is available on their website.

### Local Health Departments

Local health departments may offer smoking cessation classes or can connect you with other resources in your area. Contact your county health department for more information.

### Steps you can take to protect your baby from smoke exposure until you are ready to quit for good

- Always smoke **outside**. Never allow anyone to smoke inside your home or car.
- Wear a shirt or jacket **over** your clothes when you go outside to smoke then remove it before coming back inside. Always **wash** your hands thoroughly after smoking.
- **Never** hold your baby while smoking and keep your baby away from areas where people are smoking. **There is no safe amount of secondhand smoke.**
- If you are breastfeeding, smoke **after** you breastfeed rather than before to help minimize the amount of nicotine passing through your breast milk to your baby. Wash carefully and change shirts before holding or breastfeeding your baby.

