



# Smoke Free Journey

## Introduction



# Presenter's Notes

## **Kit includes:**

- Background/Introduction
- Activity #1
  - Instructions
  - 4 Smoke free laminated Statement pages
  - Erasable marker
- Activity #2
  - Instructions
  - 11 Smoke free journey tool information cards
  - 11 Smoke free tools (label)

## **Purpose of Activities:**

- Discuss the benefits and drawbacks of quitting smoking or living in a smoke free environment. Inform families of different safe smoke free tools they can use while pregnant and breastfeeding to help in their journey.
- Both activities can be used in a group setting or discussed individually with interested participants.
- Activities can be done as a part of one Healthy Baby session or individually at different sessions. The introduction to both activities is the same.

## **Points to Remember:**

- “Quitting” can be a scary word for many smokers. Smoke free may be a more positive term.
- Most families attending a Healthy Baby program are coming to learn how to become healthier in their lives because they are pregnant or have young children. They may not be willing to make changes immediately but perhaps will remember the information from their Healthy Baby group when the time is right and they are ready to take this journey.
- Remind the group that we are all here to learn about healthy pregnancy/ parenting and it is important we support each other, not judge each other. We all love our children!



## Starting the Smoke Free Journey

### Activity #1



# Introduction

## Ask Participants:

How many of you know someone who smokes and has tried to quit?

## What We Know:

- Most of us know the risks associated with smoking while pregnant or breastfeeding.
- Quitting smoking poses a different challenge for every woman.
- Research has shown quitting smoking takes several attempts.
- Pregnant women, new and breastfeeding moms are especially motivated to quit or encourage others in their lives to quit for the sake of their babies.

## What You Could Expect:

- As soon as your body notices a shortage of nicotine — usually in about three days — it will go into withdrawal. You can expect to feel irritable, restless, and moody for about two or three weeks after quitting. The withdrawal period is not any longer if you were a heavy smoker, but it may be especially intense.
- Months after your body accepts life without nicotine, your mind may still be hooked. Just about anything that you associate with smoking — whether it's a time of day, a place, an activity, or an emotion — can trigger an intense craving.
- The allure of cigarettes is so strong that many women who give up smoking during pregnancy plan to light up again as soon as their baby is born. They may have been nicotine-free for six or seven months, but they still consider themselves smokers.
- You haven't truly given up the habit until you see yourself as a nonsmoker, the type of person who doesn't see smoking as an option no matter what the situation. This transformation can take several months or longer. Most quitters say they feel pretty good if they can make it through a whole year without smoking. By then, they know there's no day of the year that absolutely requires a cigarette.

# ACTIVITY #1: STARTING THE SMOKE FREE JOURNEY

**Purpose:** Helps participants understand the role of smoking in their lives; the barriers and the perks of living smoke free. This activity is intended to begin the process of looking at life without smoking – planting a seed for participants to consider a life without smoking.

**Time required:** 10-20 minutes (depends on group sharing/involvement)

**Materials:** 4 Smoke free laminated statement cards, erasable markers and tape

## **Facilitator:**

- Hang the following laminated statements up on a wall:
- What I like about smoking ...
- What I don't like about smoking ...
- What I like about living smoke free ...
- What I don't like about living smoke free ...

## **Ask participants:**

- To finish each of the sentences with their thoughts. Depending on group size, this can be done as a group or by asking individual participants to write their answers on the wall.
- To discuss the responses with the group.

\*Keep in mind this activity revolves around participant's reasons and may not always be evidence based.

Here are some possible responses:

- smoking gives me a break
- smoking is expensive
- smoking helps me avoid weight gain
- quitting will save me money
- living smoke free will make me healthier
- I may not succeed if I quit
- I cannot spend as much time smoking with my friends/partner/coworkers if I quit since they all smoke
- I am afraid of the withdrawal and cravings
- nobody supporting me/helping me if I try to quit
- quitting while pregnant will put too much stress on my baby
- quitting will reduce my breastmilk
- smoking calms me down
- my kids will start smoking because I do

freedom



# Smoke Free Journey Statement Cards



**What I like about smoking...**

**What I do not like about smoking...**



**What I like about living smoke free...**

**What I do not like about living smoke free...**

# Smoke Free Journey Tools

Freedom



## Activity #2



# Introduction

## **Ask Participants:**

How many of you know someone who smokes and has tried to quit?

## **What We Know:**

- Most of us know the risks associated with smoking while pregnant or breastfeeding.
- Quitting smoking poses a different challenge for every woman.
- Research has shown quitting smoking takes several attempts.
- Pregnant women, new and breastfeeding moms are especially motivated to quit or encourage others in their lives to quit for the sake of their babies.

## **What You Could Expect:**

- As soon as your body notices a shortage of nicotine — usually in about three days — it will go into withdrawal. You can expect to feel irritable, restless, and moody for about two or three weeks after quitting. The withdrawal period is not any longer if you were a heavy smoker, but it may be especially intense.
- Months after your body accepts life without nicotine, your mind may still be hooked. Just about anything that you associate with smoking — whether it's a time of day, a place, an activity, or an emotion — can trigger an intense craving.
- The allure of cigarettes is so strong that many women who give up smoking during pregnancy plan to light up again as soon as their baby is born. They may have been nicotine-free for six or seven months, but they still consider themselves smokers.
- You haven't truly given up the habit until you see yourself as a nonsmoker, the type of person who doesn't see smoking as an option no matter what the situation. This transformation can take several months or longer. Most quitters say they feel pretty good if they can make it through a whole year without smoking. By then, they know there's no day of the year that absolutely requires a cigarette.

# ACTIVITY #2: SMOKE FREE JOURNEY TOOLS

**Purpose:** This activity will provide a variety of tools to help participants who are considering quitting, in their smoke free journey. For those who are not interested in being smoke free, this activity may reduce the fears of quitting smoking by increasing their awareness of smoking cessation options.

**This activity can be used to talk about being smoke free/quitting as a game during a session or more frequently as a “nugget”.**

**Game: Option A** (15-20 minutes)

**Materials:** 11 Smoke free journey tool information cards, 11 Smoke free tools (label), tape

**Facilitator:**

- Hand out a quitting smoking tool label to each participant.
- Tape the quitting smoking pictures (with info about the tool on the back) onto a wall if possible or facilitator may hang onto the cards and go through them with the group.

**Ask participants:**

- To match the quitting smoking tool label with the picture hanging on the wall or the picture the facilitator is showing to the group.
- When a correct match is made you can either :
  - tape the correct tool to the front and have the participant read aloud the information on the back or,
  - the facilitator will read aloud the information on the back.
- To share their experiences and thoughts about these tools. Everyone may not have the same preferences or experiences.
- Remind the group that quitting smoking is a very personal journey.

# ACTIVITY #2: SMOKE FREE JOURNEY TOOLS

**Nugget: Option B** (5 minutes)

Each Smoke free tool can be used on its own as a quick group discussion activity.

**Materials:** Select 1 of the 11 Smoke free journey tool information cards, 11 Smoke free tools (label)

**Facilitator:**

- Choose one smoke free tool picture to hold up and display in front of the group.
- May choose another tool to discuss if the group is interested and there is time.

**Ask participants:**

- To name the Smoke Free Journey tool label and share any information they have heard about it.
- Additional info from the back of the picture can be read aloud to the group.



# Nicotine Mouth Spray

- Under Doctor or Midwife recommendation can be safe in pregnancy and breastfeeding
- Fast control of withdrawal cravings with 1 to 2 sprays
- Intended for short term use to help reduce smoking
- Each spray contains 1 mg of nicotine and none of the dangerous toxins in tobacco smoke
- Purchased over the counter
- Possible side effects: tingly lips, hiccups, strong nicotine taste, nausea, heartburn or throat irritation





# Nicotine Inhaler

- Under Doctor or Midwife recommendation can be safe in pregnancy and breastfeeding
- Helpful for those who miss the act of smoking - decreases symptoms of cravings
- Intended for short term use
- Do not smoke while using this inhaler
- The inhaler delivers a puff of nicotine vapour into your mouth and throat
- Each cartridge lasts 15 minutes
- Possible side effects: mouth or throat irritation, headache, or nausea



# Vareniclin(Champix®)

- NOT recommended in pregnancy or while breastfeeding
- Lack of scientific information to ensure it is safe for mom and baby

Reference: [quitnow.ca](http://quitnow.ca), Quitting Medications, 2014



# Bupropion (Zyban®)

- Can be used safely in pregnancy and breastfeeding under supervision of Doctor
- Medication used for depression but has been shown to help reduce nicotine withdrawal symptoms by balancing chemicals in the brain
- Can be used with other nicotine replacement therapies (patch, spray, gum)
- Requires a prescription from a Doctor
- Does not contain any nicotine
- Possible side effects: dry mouth, difficulty sleeping, headaches



# Nicotine Lozenges

- Under Doctor or Midwife recommendation can be safe in pregnancy and breastfeeding
- Helps with nicotine withdrawal
- Can choose strength of nicotine: 2 or 4 mg
- Dissolves in mouth over 20-30 minutes and releases nicotine into the bloodstream
- Do not smoke while taking lozenge
- Possible side effects: heartburn, nausea, hiccups, sore throat





# Nicotine Patch

- Under Doctor or Midwife recommendation can be safe in pregnancy and breastfeeding
- Contains nicotine (7-21 mg)
- Sticks to your skin like a bandage and releases nicotine into the bloodstream, use for 16-24 hours each day
- Do not smoke while using the patch
- Decreases the symptoms of withdrawal such as irritability and anxiety
- Possible side effects: headache, dizziness, sleep problems, redness in the area the patch is placed on the skin



# E Cigarettes or Electronic Cigarettes

- NOT approved by Health Canada as a method to help stop smoking
- Concern for nicotine addiction or nicotine poisoning
- Not enough research on product safety

Reference: [quitnow.ca](http://quitnow.ca), E cigarettes, 2014



# Nicotine Gum

- Under Doctor or Midwife recommendation can be safe in pregnancy and breastfeeding
- Helps reduce withdrawal symptoms for occasional smoker
- Not chewed like regular gum – use bite-park method: 2 bites of a piece of gum and store in corner of mouth between gums and cheek. Wait one minute and repeat method for up to 30 minutes
- Possible side effects: burning in throat, dental problems, hiccups



# “Cold Turkey” Quitting

- Safe in pregnancy and breastfeeding – there is no evidence to indicate quitting smoking will causes stress for the baby (Smoke free Women, 9Myths about smoking and pregnancy)
- Throw out all cigarettes, ashtrays, lighters, matches and anything related to smoking
- Does not harm mom or baby (Baby Center Expert Advice, I’m pregnant. Can quitting smoking cold turkey hurt me or my baby?, Dec. 2014)
- No proof the baby will go through nicotine withdrawal (Baby Center Expert Advice, I’m pregnant. Can quitting smoking cold turkey hurt me or my baby?, Dec. 2014)
- If you're a heavy smoker, you may suffer from nicotine withdrawal for 2 to 3 weeks after quitting - symptoms like irritability, depression, anxiety, difficulty concentrating – then you will get better
- It is normal to have cravings for cigarettes for the first couple of weeks.





# Smoke Free Apps

- Many free apps to assist with reducing or quitting smoking
- Apps can:
  - send encouraging texts
  - record cravings
  - offer online support
  - provide health updates, set goals
- Can use any time of the day or night



# Cutting Down

- For every cigarette you do not smoke there are health benefits to you and your baby
- Cut down the number of cigarettes smoked each day
- Tips to help with cutting back include:
  - avoid habits that involve smoking – change your routine
  - find healthy ways to relieve stress
  - avoid social situations where there are smokers
  - find activities to distract you from wanting to smoke
  - keep your mouth busy with gum or mints

# Where Can I Get Help?

## “Smoke Free Journey ”

was developed and produced in partnership by  
Healthy Child Manitoba and Healthy Start for Mom & Me.

To get help quitting, call toll free:

**Smokers Help Line**

**1-877-513-5333**

For a list of quit smoking programs in Manitoba visit:

[www.mantrainc.ca](http://www.mantrainc.ca)

### **For smoking resources contact:**

Health Canada

Canadian Lung Association

Canadian Cancer Society

CancerCare Manitoba

### **To order copies of the Mantra Motivator Meter, contact:**

Mantra: 204-784-7030  
192 Goulet St. Winnipeg, MB  
Cost: Free



The information in this presentation kit is not meant to replace physician advice.

This kit was developed in February 2015.  
It is not intended as a handout for program participants



**Nicotine Mouth Spray**

**Nicotine Inhaler**

**Vareniclin (Champix®)**

# **E cigarettes or Electronic cigarettes**

**Cold Turkey**

**Smokefree Apps**

**Bupropion (Zyban®)**

**Nicotine Lozenges**

**Cutting Down**



**Nicotine Patch**

**Nicotine Gum**