



# Quit for you Quit for two

## Busting the myths for under 25s

Women under 25, especially those from more deprived areas, have a range of personal issues to overcome and misconceptions about smoking during pregnancy. They also usually don't have an accurate understanding about what stop smoking services are like and what they offer. This means that many of the women who are referred from their booking appointment never attend their stop smoking session. To tackle this, we've put together a number of the most common misconceptions and some useful responses to help 'bust the myths'.

### Myths about smoking during pregnancy

#### ***Smoking makes the baby smaller and the birth easier***

A smaller, weaker baby will not make birth easier. In fact, it can lead to complications and you may have to stay in hospital longer.

#### ***If I quit I'll put weight on***

The best way to avoid weight gain is to make sure you eat healthy snacks. And if you go out for a walk, instead of a smoke, both you and your baby will be healthier and happier.

#### ***Smoking stops me being stressed***

Quitting can be stressful at first, yes. But smoking actually puts more stress on the body, and your baby every time you smoke and for 15 minutes afterwards.

#### ***I smoked during my last pregnancy / My mum smoked and I'm ok.***

Maybe you were one of the lucky ones. Smoking when pregnant really is dangerous, and is thought to be the cause of 40% of baby deaths.

#### ***I'm three months pregnant already, so it's too late to quit.***

It's never too late. Even stopping in the last few weeks of pregnancy can benefit you and your child.

#### ***Smoking is my 'me time'.***

Quitting is difficult, we know. So use the money you save to treat yourself - after your first smoke free day, week and month. At the end of a year you could even pay for a holiday.

#### ***I'll just cut down instead of quitting***

It's a start, but it won't protect your baby from harmful chemicals.

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## ***E-Cigarettes are better – I'll use them instead.***

The safety of E-cigarettes has not been tested. So the World Health Organisation advises against them. It's better to quit.

## ***I'll use Niche Tobacco instead, like Shisha/Paan***

Shisha smoking is just as harmful as smoking cigarettes. And even Paan Leaf contains elements that can cause cancer.

## ***I can't stop smoking because my partner / family still smoke***

Lots of mums-to-be ask their friends and family not to smoke in the house or around them because second-hand smoke also harms your unborn baby. They can get free help from the stop smoking service too – just tell them to get in touch

## **Myths about stop smoking services**

### ***It's like an AA meeting***

Your first session will be an informal meeting alone with a friendly adviser. After that, there's lots of ways the stop smoking services can help you quit. You can have more one-to-one support, join in group sessions, or simply get support by phone or text. It's up to you

### ***They'll be judgemental towards me***

Don't worry - the sessions are designed by ex-smokers and you won't be judged. They are friendly and there to help you.

Your first appointment is your chance to talk about your smoking and decide if you'd like to quit. You'll be able to talk to one of the team and, if you like, you can also take a breath test to see how much poisonous gases are in your body.

### ***I don't need help – I can do it alone***

Whether you want ongoing support or want to quit by yourself, they'll help you to work out a plan and set a quit date with you. They'll help you access free prescriptions for Nicotine Replacement Therapy too. Also - You're four times more likely to quit with help from your Stop Smoking Service than if you try to do it on your own.

### ***For every misconception / concern***

There's much more information available specifically aimed at young mums-to-be before their first referred appointment and throughout their pregnancy. Tell them to take a quick look at [www.quitfortwo.co.uk](http://www.quitfortwo.co.uk) before they go to their appointment or if they have any questions about the benefits to their baby if they quit.