

## DO YOU EVER WONDER...

# About pregnancy and smoking?

The good news is that quitting is one of the best things you can do for your baby and for your health.

### Quitting smoking:

- Is best before you get pregnant, or as soon as you find out you are. But quitting at any time during your pregnancy has benefits for you and your baby.
- Increases your chance of maintaining your recovery from drugs and alcohol.
- Increases the amount of oxygen your baby will get. You'll be helping your baby develop and grow properly.
- Decreases your chances of having a low birth weight baby. Babies who are smaller often have trouble eating, gaining weight, and fighting infections.

### What about after my baby is born?

- Quitting smoking is just as important AFTER your baby is born.
- If you become and stay a non-smoker, and keep others from smoking and vaping around your baby, your newborn will be at lower risk for chest colds, coughs, ear infections and asthma problems caused by exposure to secondhand smoke, as well as sudden infant death syndrome (SIDS).

Here are some ideas for help if you smoke or vape e-cigarettes, and might be thinking about quitting (even if you aren't totally ready):

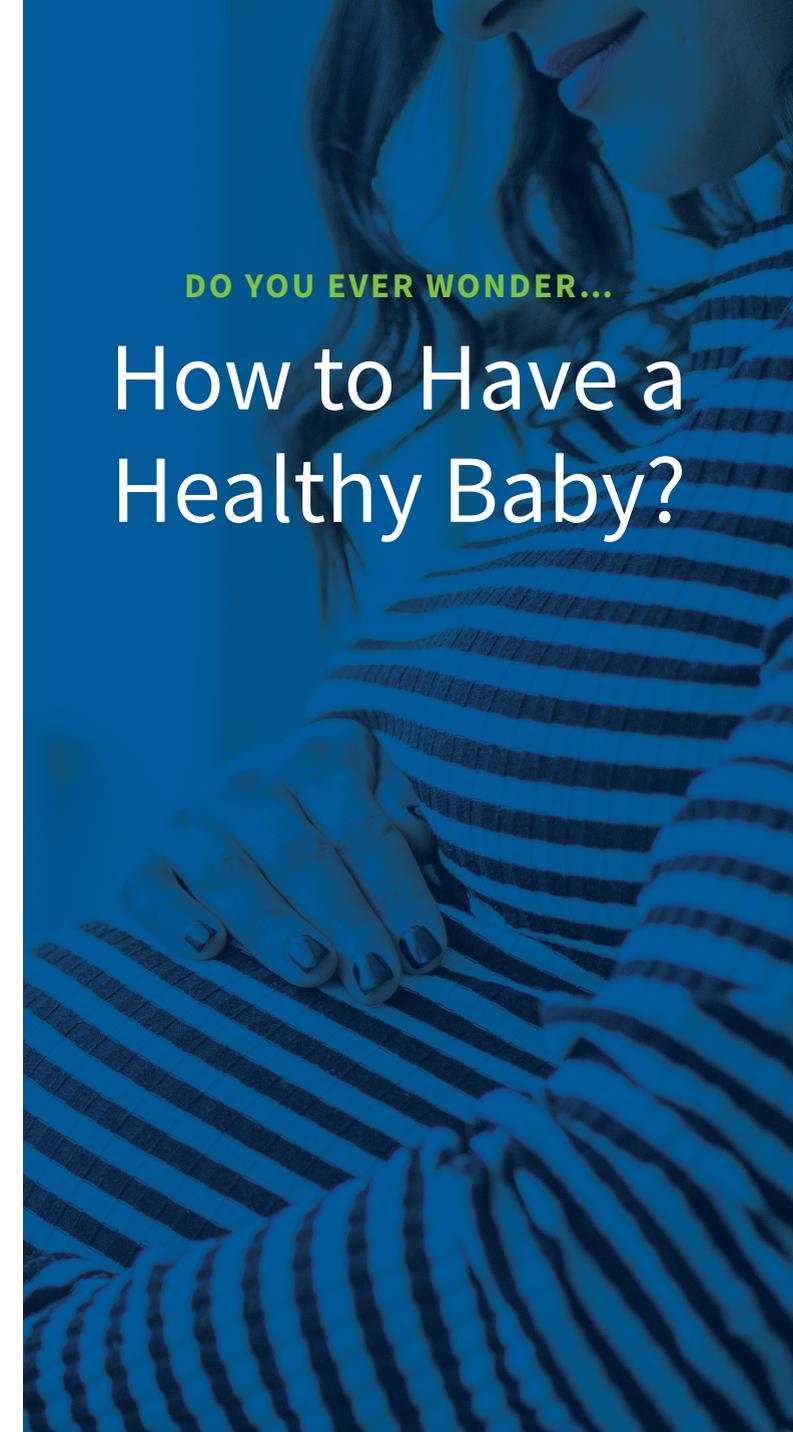
- Identify your support network
- Develop and use coping strategies
- Quitting smoking can be hard, and you don't have to do it alone! If you're even thinking about quitting, for resources and support, call **Massachusetts Smokers' Helpline:** 1-800-QUIT-NOW or 1-800-784-8669. Special coaches are available to help pregnant women.
- **Smokefree.gov** has ideas for coping strategies and help with quitting when you're pregnant. Women can find information on free texting programs, access support from "Smokefree Women" on Facebook, and find apps to help you in the quitting process.



## RESOURCES

- **The Journey Project:** [journeyrecoveryproject.com](http://journeyrecoveryproject.com)
- **The Massachusetts Substance Use Helpline:** 1-800-327-5050
- **Pregnant Women's Access Line:** 1-866-705-2807 or 617-661-3991  
TTY: 617-661-9051
- **SafeLink:** MA Domestic Violence 24/7 Hotline: 1-877-785-2020; 24/7 | TTY: 1-877-521-2601
- **Deaf Survivor's Center:** 24/7Crisis Hotline: 1-885-812-1001
- **Massachusetts Smokers' Helpline:** 1-800-QUIT-NOW or 1-800-784-8669.
- **Smokefree.gov**

The title of this brochure was inspired by the Women Want to Know campaign in Australia: <https://fare.org.au/women-want-to-know/>



## DO YOU EVER WONDER...

# How to Have a Healthy Baby?



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# How to Have a Healthy Baby?

Every pregnant woman wants a healthy baby...and to know how to cope with life's stressors at the same time.

## DO YOU EVER WONDER...

# About pregnancy and drinking alcohol?

### Did you know that...

- Drinking alcohol (beer, wine, liquor) during pregnancy can cause birth defects
- There are no known safe limits
- It is best to plan ahead and to stop drinking before you get pregnant
- It is never too late to stop drinking during pregnancy

### Ask yourself:

- How does alcohol fit into my day?
- Do I drink alone and/or with others?
- What needs is alcohol trying to meet?
- What are some other ways for me to relieve stress? And build safer coping skills?
- How would my partner feel if I gave up alcohol during pregnancy?
- Who could support me in changing my drinking pattern?

## DO YOU EVER WONDER...

# Where pregnant women can get help for alcohol and other drug use?

- **The Journey Project** is an interactive website for pregnant and parenting women with substance use disorders. The site has information, videos, worksheets, and resources to support, inform, and empower women in recovery: [journeyrecoveryproject.com](http://journeyrecoveryproject.com)
- **The Massachusetts Substance Use Helpline:** 1-800-327-5050
- **Pregnant Women's Access Line:** 1-866-705-2807 or 617-661-3991 | TTY: 617-661-9051

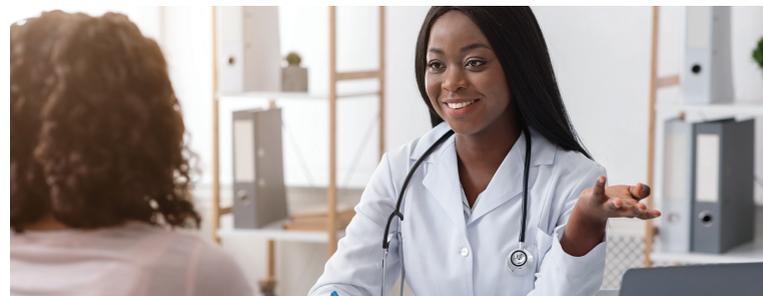
## DO YOU EVER WONDER...

# How to cope with an abusive partner while pregnant?

- It can be hard to recognize or admit that you're in an unhealthy relationship — but help is available. Remember, no one deserves to be mistreated.
- Although it may feel like alcohol and drugs are helping you cope, they make you less safe. For immediate help, call:

**SafeLink:** MA Domestic Violence 24/7 Hotline: 1-877-785-2020 | TTY: 1-877-521-2601

**Our Deaf Survivor's Center:** 24/7 Hotline: 1-885-812-1001



## DO YOU EVER WONDER...

# About affordable tips for a healthy pregnancy?

- Make sure that you have MassHealth: 1-841-841-2900 (English, Spanish: Interpreter available) | TTY: 1-800-497-4648 | [mass.gov/masshealth](http://mass.gov/masshealth)
- Visit your prenatal care provider regularly and take recommended prenatal vitamins.
- Get WIC benefits to help you buy healthy foods, like fruits and vegetables (frozen fruit and veggies are often more affordable than fresh, and just as healthy). Visit [mass.gov/WIC](http://mass.gov/WIC) to apply for WIC benefits.
- Find out if you can receive SNAP benefits to help with buying food: [mass.gov/snap](http://mass.gov/snap).
- Stay away from foods high in sugar or fat, which are low in nutrients and may cause health problems.
- Drink more water and less caffeine (coffee, tea, soft drinks) to help your baby's growth and prevent miscarriage.
- Drink 'Mocktails' (like alcohol-free pina coladas) if people around you are drinking alcohol.
- Exercise every day — walking counts!
- Reduce stress as much as you can. Take time each day for something simple that you enjoy (e.g., yoga, bubble baths, singing, dancing, knitting/ sewing, puzzles, reading, drawing, writing, cooking, gardening, deep breathing, etc.)
- Avoid all drugs (opioids, marijuana, etc.) except those prescribed by your medical professional.
- Get enough sleep. Your body needs rest from the hard work of pregnancy.