Staying tobacco-free
After you’re had your baby

Congratulations! You made an important decision to quit smoking while you were pregnant. Now that your baby has arrived, it’s important that you stay quit.

Secondhand smoke
Secondhand smoke can cause health risks for you and your family.

Children who live with cigarette smokers:

- Get colds and coughs that last longer.
- Have more ear infections and are more likely to have asthma.
- Are more likely to have heart disease, breathing problems, and lung cancer when they grow up.
- Are 2 - 3 times more likely to die from Sudden Infant Death Syndrome (SIDS) than babies of nonsmokers.

It’s important to ask people not to smoke around your baby. Avoid exposing your baby to any secondhand smoke—especially in restaurants, your home, and other public areas. If there are people in your household who smoke, ask them to smoke outside—even better, encourage them to quit. Parents who don’t smoke set an important example for their children.

If you started smoking again
If you stopped smoking for even a little while, give yourself credit! Each time you quit, you have a better chance of quitting forever. Make a list of things you learned when you tried to quit smoking, and think about when you want to try again. Remember, it’s okay to ask for help more than once.

Kaiser Permanente has programs that offer support and help in becoming a non-smoker. For more information, contact the Quit For Life® Program at 1-800-462-5327 or visit quitnow.net/kpwa.

What happens when I quit smoking?

Look at all the benefits that you gain when you quit smoking:

- Within 20 minutes of quitting: Your blood pressure, heart rate, and the temperature of your hands and feet normalize.
- After 8 hours: Oxygen and carbon dioxide levels in your blood normalize.
- Within 48 hours: Your nerve endings start to re-grow. Your senses of smell and taste improve.
- After 72 hours: Your lung capacity increases and lung tubes relax, making breathing easier.
- In 2 weeks to 3 months: Your circulation improves, walking becomes easier, and your lung function increases—making it easier to keep up with your child!
- Between 1 and 9 months: Coughing, sinus congestion, fatigue, and shortness of breath all decrease. You’ll have more energy—something every new parent can use!

Future health benefits

Once you stop using tobacco, the benefits of quitting will continue to increase the longer you stay tobacco-free. After 10 years, you have a lower risk of cancer of the mouth, lungs, throat, and esophagus. After 15 years, your risk of dying from heart disease drops to that of a non-smoker. Quitting smoking now will help you stay healthy, and continue to be around and healthy for years to come!
Resources: For more information

Programs to help you quit are available to qualifying Kaiser Foundation Health Plan of Washington members as part of their coverage agreement. For more information or to register, contact the Quit for Life® Program at 1-800-462-5327 or visit quitnow.net/kpwa

The Kaiser Permanente Resource Line can provide information about prenatal and parenting resources. Call weekdays from 9 a.m. to 4 p.m. at 1-800-992-2279, or by e-mail at resource.l@ghc.org.

Visit the Health and Wellness Resources section on the Kaiser Permanente website at kp.org/wa for more information and resources.

Coverage may vary by plan. For benefits refer to your coverage agreement or contact Member Services at 1-888-901-4636.