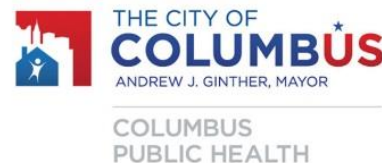




# Happy Dads. Healthy Babies.

Infant Vitality Toolkit

Supporting the Mother of Your Child as  
She Quits Tobacco, Alcohol & Drug Use



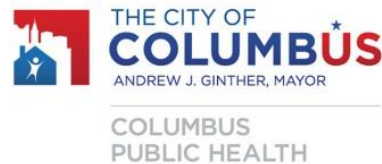
# Agenda

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- Test Your Knowledge Pre Test
- Smoking During Pregnancy
- Smoking Around Your Baby
- Baby and Me Tobacco Free Program
- Pregnant Women and Substance Abuse
- Alcohol During Pregnancy
- Test Your Knowledge Post Test



# Pre-Test



# Question 1

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True or False: Your partner really needs support to quit smoking, drinking, or doing drugs during pregnancy.

A. True

B. False



## Question 2

---

Which of the following is a way you can support your partner as she quits tobacco, alcohol, or other drugs?

- A. Be patient and positive
- B. Ask questions and listen
- C. Celebrate their successes, big and small
- D. All of the above

# Question 3

---

True or False: In Columbus, in exchange for a pledge to quit smoking, you can get a year's worth of free diapers.

- A. True
- B. False



## Question 4

---

If you or someone in your house smokes, you can keep your baby from being exposed to second- or third-hand smoke by:

- A. Smoking outside
- B. Designating some “smoking clothing”
- C. Washing your hands
- D. All of the above

# How to Support Your Quitter

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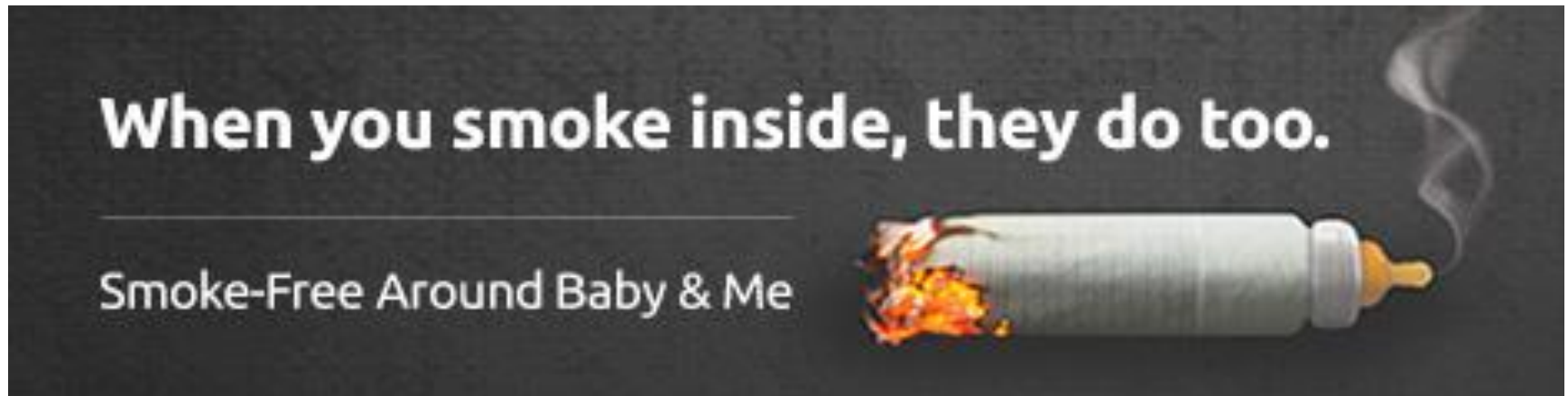
Someone who feels supported is more likely to quit smoking, drinking, or doing drugs.

Here are some tips that can help you support the person in your life.

- Remember, it's hard to quit
- Know your relationship style
- Start the conversation
- Create an opening
- Ask questions
- Listen
- Don't lecture
- Offer distractions
- Be patient and positive
- Don't be too hard on them if they slip
- Celebrate successes
- Help them destress
- Be there for the long haul



# Smoking During Pregnancy



Smoking during pregnancy can cause health problems, including premature birth (being born too early), certain birth defects, and infant death.

*Learn more:*

<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/index.htm>

# Smoking Around Your Baby

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**1st-Hand  
Smoke**



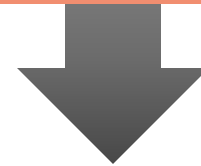
**Smoke inhaled  
by a smoker**

**2nd-Hand  
Smoke**



**Exhaled smoke  
that can be  
inhaled by others**

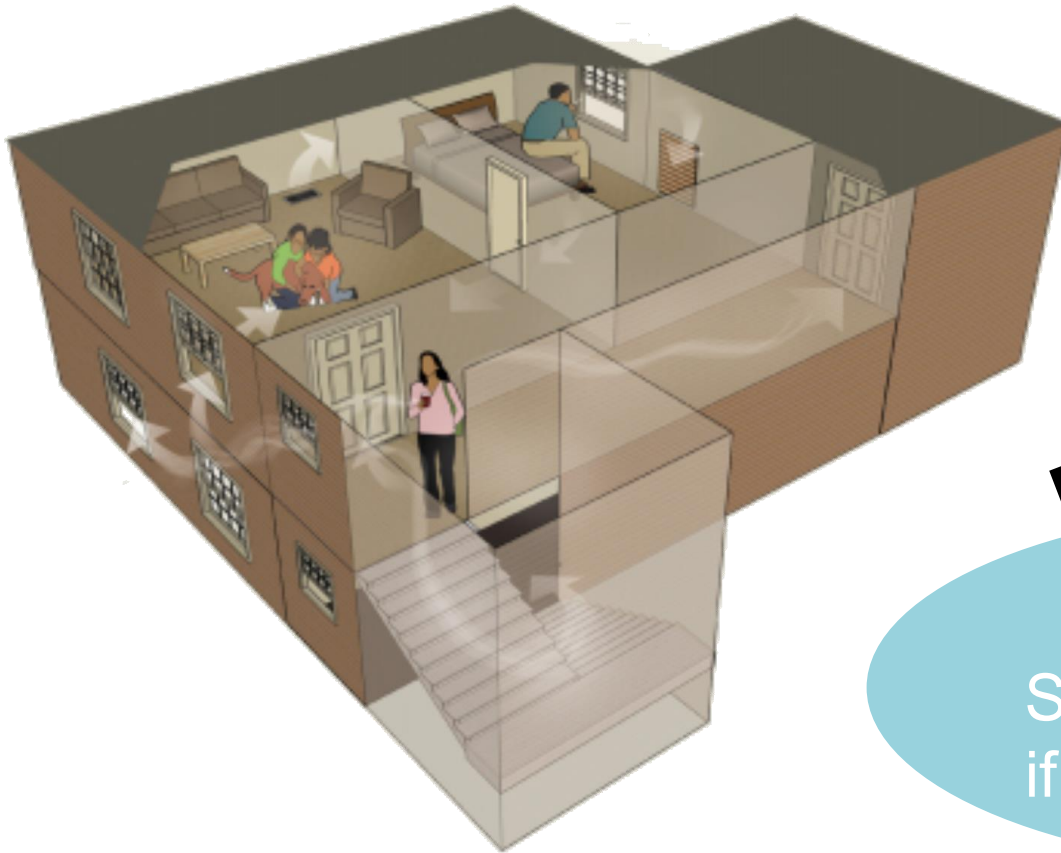
**3rd-Hand  
Smoke**



**Second-hand  
smoke left on  
object surfaces**

# Smoking Around Your Baby

Just like food odors, smoke travels through your house, so:



- Smoke outside
- Designate some “smoking clothing”
- Wash your hands

**Ready to Quit?**

Ask for help!  
Support your partner  
if she’s ready to quit!

# Pregnant Women & Substance Abuse

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During pregnancy, addiction treatment can mean the difference between having a healthy child, losing a baby, or giving birth to an infant with serious developmental problems.



*Learn more:*

<https://sunrisehouse.com/addiction-demographics/pregnant-women/>

# Alcohol During Pregnancy

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Drinking alcohol at any time during pregnancy can cause serious health problems for your baby.

Giving up alcohol during pregnancy can be hard. **Your partner needs your support.**

*Learn more:*

<https://www.marchofdimes.org/pregnancy/alcohol-during-pregnancy.aspx>

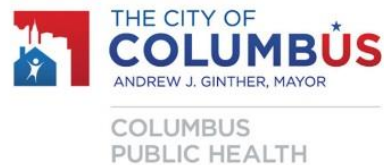




**QUESTIONS**



# Post-Test



# Question 1

---

True or False: Your partner really needs support to quit smoking, drinking, or doing drugs during pregnancy.

A. True

B. False





## Question 2

---

Which of the following is a way you can support your partner as she quits tobacco, alcohol, or other drugs?

- A. Be patient and positive
- B. Ask questions and listen
- C. Celebrate their successes, big and small
- D. All of the above

# Question 3

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- B. Designating some “smoking clothing”
- C. Washing your hands
- D. All of the above

# Local Resource: Baby and Me Tobacco Free

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- Valuable local resource to incentivize pregnant mothers to quit smoking
- Gives a year's worth of free diapers in exchange for a pledge to quit smoking



*Learn more:*

<https://www.columbus.gov/publichealth/programs/Womens-Health-Family-Planning/Baby-and-Me-Tobacco-Free/>