

BABY & ME – Tobacco Free Program Curriculum



Prenatal Cessation Sessions (4) – 10-15 minutes brief intervention

Prenatal Session One:

- Set a quit date, provide a quit plan
- Benefits of quitting
- Cigarette ingredients
- Nicotine impact
- Tips to dealing with withdrawals
- Test with CO monitor
- Referral to other resources (State Quitline)

Prenatal Session Two:

- Address secondhand and thirdhand smoke
- Provide a secondhand smoke tool kit for creating tobacco free home/car
- Coping with triggers
- Partner enrollment
- Test with CO monitor

Prenatal Session Three:

- Learn to deal with stress
- Provides a stress management tool kit – coping with stressors
- Create a support system
- Test with CO monitor
- Provide 1st prenatal \$25.00 diaper voucher – if tobacco free

Prenatal Session Four:

- Become a lifelong NON-smoker
- Financial benefits of quitting, short term/long term
- Understanding tobacco industry manipulation of tobacco products
- What to expect after delivery
- Test CO Monitor
- Provide 2nd prenatal \$25.00 diaper voucher – if tobacco free

Postpartum Cessation Sessions (12) – 5-10 min brief intervention conducted monthly

Postpartum Session 1-12:

- Benefits of quitting
- Growth/development of baby
- Financial benefits of quitting
- Test CO Monitor – provide \$25.00 diaper voucher, each month if tobacco free
- If partner is enrolled and tobacco free, provide additional \$25.00 voucher each month