

Suggestions for Health Professionals

Couples and Smoking



What You Need to Know When You are Pregnant

This is a **self-help information booklet** for pregnant and postpartum women who smoke, and is to be used along with other smoking cessation resources and programs. Unlike other smoking cessation resources for pregnant women, this booklet provides information about how partners influence women's ability to quit smoking. There are also self-assessments, questions and answers, and practical suggestions for women to address tobacco use. The content is based on research findings from the Families Controlling and Eliminating Tobacco (FACET) projects.

Why this Booklet?

This booklet helps pregnant and postpartum women understand how their efforts to reduce and stop smoking are influenced by interactions with their partners, and everyday household routines related to smoking.

What does the research say?

- ❖ Couples develop habits and routines that include smoking (when one or both smoke).
- ❖ There are three types of Tobacco Related Interaction Patterns (TRIPs): accommodating, disengaged, and conflictual that influence smoking patterns.
- ❖ Smoking is often an important part of relationships – reducing and stopping smoking can change relationships.
- ❖ During pregnancy, the potential for conflict related to tobacco use can escalate for some couples.

What's different about this booklet?

- ❖ Focuses on smoking in the context of women's lives and their relationships.
- ❖ Illuminates women's experiences in reducing or stopping smoking during pregnancy and the postpartum period, and the influence of their partners.
- ❖ Uses a women-centred approach that is nonjudgmental and respects the many different experiences among women.
- ❖ Provides suggestions about how to manage tensions related to tobacco use and obtain appropriate support.

What Can I Do?

- ✓ I can encourage the use of this booklet as a supplement to other tobacco reduction resources.
- ✓ I can reinforce the messages in the booklet by providing guidance on creating a supportive environment for tobacco reduction (e.g., suggest alternatives for relationship functions served by smoking).
- ✓ I can find out if women are experiencing pressure or coercion regarding their tobacco reduction and cessation efforts, and what support they would like.
- ✓ I can assess for partner smoking status, and intervene directly with partners who smoke to provide advice about smoking cessation and information about resources.

Interested in Reading More?

Current research publications and other information about tobacco reduction and cessation are available at www.facet.ubc.ca