

More meaningful than 18 years of SMOKING



University Diploma

This Certifies That

Has completed a Course of Study meeting the Standards of our school
and is therefore Awarded this

College Diploma

On the This Day of the Year 19

If you spend \$5 a day on cigarettes, you'll have spent \$32,850 by the time your child is 18. YOU have the power to help determine your child's future. Stop smoking and start saving for the future today.

“I went from half a pack a day... to nothing”

“I’m someone who loved smoking. It was a part of me. A comfort. It was a small pleasure—an excuse to take a break, sit back, and think about the day. I never even considered quitting.

All that changed when I found out I was pregnant. My very first thought was ‘I have to quit smoking.’ I didn’t struggle with the decision. I didn’t really even think about it. I was just determined. I knew I had to do everything I could for the baby growing inside me and that included being smoke-free.

I quit cold turkey. That was it. I went from half a pack a day... to nothing. I’d never tried to quit before but it wasn’t that hard. I was simply committed. I was a new person. A mother. In an instant I was someone who cared more about my baby than I did myself.

Pretty soon I started thinking of myself as a non-smoker and put smoking out of my mind. When I did think about it, looking at the ultrasound picture of my baby was a great reminder of why I quit. And while I never thought about the money I’d save from quitting, I have to admit there’s a certain pleasure I still get from buying healthy food with the money that otherwise would have been spent on cigarettes.

I was tempted to smoke again after my baby’s birth but I decided to breastfeed instead. People always talk about what breastfeeding does for the baby. You don’t hear much about what breastfeeding does for the

mother. But the bonding that developed between my daughter and me was a comfort way beyond what I ever got from cigarettes. It was an amazing experience! I couldn’t imagine giving my baby the best food in the world—the food only I could give—and then polluting my body, her milk, and the air around her with cigarette toxins. It just didn’t make sense.

Cigarettes were a form of anti-depressant for me. Smoking distracted me from problems; it was a ‘soft blanket’ when times got rough. But becoming a mother forced me to deal with difficult situations head on. It fulfilled me in such a way that not only do I not want cigarettes anymore, I don’t need them. My baby is the ultimate ‘soft blanket’ now.”



Marthe with her children