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OUTLINE

Using Rewards and Handling Slips

Knowledge Topic references are located in a separate section of the Baby Steps Help Guide e-resource.

Participant handout references are not included, but are available upon request by contacting the tru@ahs.ca.

Goal	To increase participants' ability to maintain their tobacco-free life over time by using rewards.
Objectives	<p>By the end of the learning session, participants will</p> <ol style="list-style-type: none"> 1. be able to identify three ways they can reward themselves for staying tobacco-free 2. be able to identify situations where they may be tempted to use tobacco 3. understand the need to have a plan for dealing with tempting situations
Presentation approach	<p>As a one-to-one service provider or group facilitator, decide how you will share this information and support participants' reflection. You may wish to:</p> <ul style="list-style-type: none"> • print and hand out the information sheets • share the information sheets using a laptop, tablet or cell phone • visit the websites and links with participants to point out where they can find additional information • engage in large or small discussion groups (if in a group setting) • have participants write down what they have learned on the handout sheets provided, or share their learning verbally
Facilitator/ service provider backgrounders	<p>There are three facilitator documents and one participant resource for you to review as preparation on this topic:</p> <ol style="list-style-type: none"> 1. <i>Using Rewards</i> 2. Story: On and Off the Mary-Go-Round 3. <i>Choosing Rewards and Handling Slips</i> (activity instructions) <p>The appendices on "Girls, Women, Health and Tobacco Use" and "Using a Principle-Based Approach" may also be helpful to review.</p>
Participant Resources	<i>Celebrate Those Small Steps to Success</i> (handout)

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FACILITATOR BACKGROUNDER Using Rewards

Considering Rewards

Rewards should celebrate the new behaviour that is desired. They do not have to be expensive or extravagant, but should be meaningful and rewarding for the person. For someone using tobacco, this means rewarding all the steps they take on the road to becoming tobacco-free. No step is too small to acknowledge. Rewards should support and reinforce the new behaviour and help the person begin to reshape their lives to support and celebrate their new identity as a tobacco-free person.

Sometimes people who use tobacco use rewards in a negative way. For example; going out for a smoke after the baby is born as a reward for staying tobacco-free while pregnant. This is not a positive reward for making healthy changes. It also doesn't acknowledge the positive changes the person has made towards being tobacco-free that might be worth continuing.



Replacing Tobacco

For some people, tobacco is a reward. As they attempt to stop tobacco, they need to be able to substitute healthier, more positive rewards in its place. People sometimes feel they do not deserve to reward their attempt to be tobacco-free. They may feel that their tobacco use is a bad habit they shouldn't have started in the first place. So why reward stopping? Remember that if quitting was its own reward, then every person who uses tobacco should be able to stop without any trouble. We know this is not the case.

Choosing a Reward Creates Success

When rewards are used, there is less temptation to slip back into old patterns of behaviour. Should a person slip, it is important that they forgive themselves and continue with their plan to be tobacco-free. They can use the slip as an opportunity to learn more about their tobacco use, identify what might have caused the slip and make a plan to manage similar situations in the future. Failing to examine a person's slips may cause them to reoccur until they return to using tobacco, putting them in relapse. People can cycle through the quitting process several times before they learn enough about controlling their behaviour to quit successfully.

Here are some of the reasons women use tobacco and why they may be tempted to slip:



- To cope with stress, anger or mental-health issues
- To avoid eating or to control weight
- Because tobacco can seem like an old friend
- To reward themselves
- To use with other substances (e.g., caffeine, alcohol, cannabis)
- To take a break from caring for others (e.g., children, elderly parents, work responsibilities)
- To de-escalate tense situations (e.g., relationship problems)
- To manage feelings of powerlessness
- To handle loneliness, boredom or social isolation
- To maintain social connections
- To create distance to cope with uncomfortable or dangerous social situations
- To bond with others, develop new relationships or maintain established ones
- To give themselves a sense of control

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FACILITATOR BACKGROUNDER

Story: On and Off the Mary-Go-Round

Here are some reasons why women who go tobacco-free during pregnancy start again after their baby is born:



- They may not have seen quitting as something positive they were doing for themselves
- They may have only intended to stop for the benefit of the baby while they were pregnant
- They may not realize the harmful effects of second- and third-hand exposures on others
- They may have found being at home with a new baby more stressful than they anticipated and tobacco use is how they cope
- They may not have partner or family support at home to manage a new baby and stay tobacco-free at the same time
- They may need ongoing and longer-term tobacco cessation support to help them cope with day-to-day life being tobacco-free
- They may have a partner or others in the household who continue using tobacco that makes staying tobacco-free difficult
- They may be in a difficult or abusive relationship and tobacco use is a method they use to de-escalate tense situations or connect with their partner

Positive self-talk, financial rewards, pampering themselves, substituting tobacco for healthier behaviors (e.g., going for walks) and support from friends can all be used as rewards to positively reinforce the person's new, tobacco-free behaviour.



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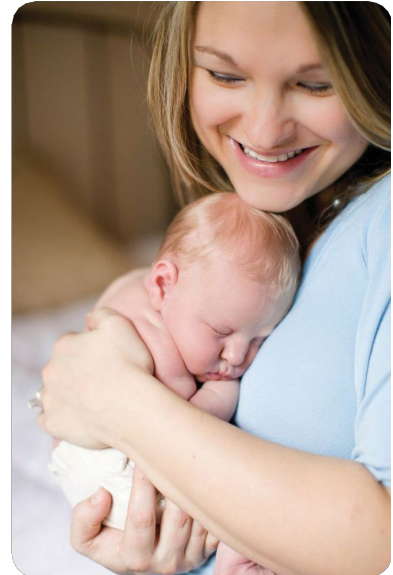
FACILITATOR BACKGROUNDER

Story: On and Off the Mary-Go-Round

Mary is 21 years old. She just had a little baby girl she named Anna. Mary went to prenatal classes while she was pregnant. She discovered there was a lot to being a mom. One of the things they talked about was using tobacco. Mary has smoked since she was 13. Mary didn't know that smoking could be bad for her baby. That kind of scared her. Mary wanted her baby to be strong and healthy. She wanted her to be the best. So Mary quit smoking—cold turkey. She just woke up one day and said, “That’s it, no more cigarettes for me.”

Anna’s birth was easy and Mary went home the next day just like all the other moms did. Anna was beautiful: all pink and white and sweet smelling. She slept a lot the first two weeks. All Mary had to do was feed and change her. But lately Anna has been staying awake a lot more. Mary likes to play with Anna when she is awake. Sometimes, she gets behind looking after the house. Right now, there is a ton of laundry to do. Who knew a baby could go through so much stuff? In fact, Anna is wearing her only clean sleeper left.

Mary was sorting clothes when Anna started crying. Mary put her in her bouncy chair so Anna could watch what she was doing. But five minutes later, Anna was crying again. This time Mary picked her up. Anna stopped crying right away. After a few minutes of cuddling, Mary put her back into the bouncy chair. Mary had just finished putting the clothes in the washing machine when Anna started crying again. This time when Mary picked her up she wouldn't stop crying. Mary wrapped her up in a receiving blanket and tried rocking her. Finally, Anna settled again. Mary went to check on the wash and discovered that she had left the lid of the machine up, so the clothes hadn't started washing yet. It was almost noon and she still hadn't gotten anything done.



Just then the phone rang. Her best friend Vicki wanted to know if “the girls” would like to go to the mall for a while. Mary would love to go, but neither she nor Vicki had a car seat. But her neighbour Crystal did have one, and had told Mary she could borrow it anytime.

Vicki said she would be over in an hour because she wanted to get to the mall in time to watch a free fashion show. Mary would have liked more time to get ready but she was afraid Vicki wouldn't wait for her and she really wanted to get out of the house.

Anna started to whimper again. Mary could feel the tingling sensation in her breasts that told her it was time to feed her. So Mary picked up the baby and sat down to feed her. While she was breastfeeding, Mary thought of all the things she needed to do to get ready. What to do next? Get the car seat, change Anna or change out of her pajamas? Mary couldn't wait to get into her blue jeans and go shopping.

When Anna was finished, she ran into the bedroom and looked through her closet for her new jeans and a cute little shirt she had bought just before she discovered she was pregnant. It would be great to show them off to Vicki. She was surprised that she had to lie down on the bed to get her jeans zipped. And then her baby fat just rolled over the top of her jeans. Her shirt wouldn't button up over her waist so instead she grabbed a long loose t-shirt. At least it hid the rolls—kind of. Mary ran out to the kitchen and looked at the clock. Already 45 minutes had gone by. Vicki would be here any minute and she still had to pack the diaper bag and run next door.

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FACILITATOR BACKGROUNDER

Story: On and Off the Mary-Go-Round

Mary slipped next door to get the car seat from Crystal. In two minutes she was back. Mission accomplished. Now all she had to do was pack the diaper bag and change Anna. But when Mary went to check on her in the crib, she discovered Anna had spit up on her sleeper.

Flustered, Mary ran to the washer and dryer to get a clean sleeper for Anna, on the way stripping her out of her wet clothes. Then it hit her: the clothes were washed but not dried. There was no clean sleeper for Anna. Which meant there would be no trip to the mall for Mary. The unfairness of it all came crashing down around her. This was all Anna's fault. Before she was pregnant she was slim and felt pretty. She used cigarettes to keep her weight down. Then she had quit smoking for the baby. Being tobacco-free sure wasn't doing her any good now; she thought as she noticed how tight her jeans felt. "That's it," Mary said to herself. "I can't handle this anymore. I need a break." She poked through the freezer, where she had stashed her last pack of smokes, just in case she ever needed one. And what better time was there than right now? Life sucked.

Vicki arrived five minutes later to find both of her "girls" crying. Mary was standing outside the open apartment door puffing madly on a cigarette with tears streaming down her face, while Anna was in her crib wearing only a diaper and wailing miserably.

"What's wrong, Mary? Why are you out here?" Vicki asked.

"I just want to be a good mom," sobbed Mary. "That's all I want! And here I am, puffing away on this disgusting old cigarette instead! I hope she never starts smoking! I don't want to smoke, either!"

"It's just one cigarette, Mary," said Vicki as she tried to console her friend. "It doesn't mean you've failed. You can keep going. You've been doing it for almost a year already. Besides, the mall is smoke-free—and we're still going, right?"

"But you'll miss the fashion show," said Mary.

"Yeah, but I miss you and shopping more. Besides, I want to show Anna off. What's she wearing, anyhow? I bought her a little something!"



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FACILITATOR ACTIVITY INSTRUCTIONS

Choosing Rewards and Handling Slips

While the activities in this module are directed at people who currently use tobacco, are planning to change or who have quit and need support to stay tobacco-free, rewards can apply to anyone trying to change any type of behaviour. If you have tobacco-free participants in this session, you may wish to talk to them about changes they have made in their lives or would like to make, and how they could work rewards into these efforts. Another way to use this module is to have them think about friends or family who have quit using tobacco and consider how they rewarded themselves.

1. Using the background information and participant handout, introduce the session by discussing what rewards are, when they can be used and the differences between positive and negative rewards.
2. Have participants brainstorm positive rewards they can use to reinforce their decision not to use tobacco and record these ideas on a flip chart. Ensure that these ideas reinforce positive behaviour change.
3. Using recipe cards, have participants write at least three rewards down, on separate cards, that they feel will motivate them and provide a realistic and meaningful reward. Encourage them to take these reward cards home with them, along with some blank cards, so they can continue identifying ways to reward themselves. Encourage participants to keep their cards handy and to use them often to reinforce their decision not to use tobacco in tempting situations.
4. Read the story On and Off the Mary-Go-Round (found as part of this module) to participants.
5. From a flip chart prepared ahead of time, present the following questions to participants and record their answers (some possible responses are in italics):

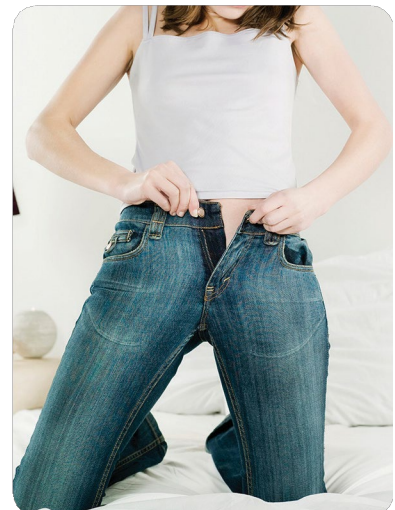
What was Mary's reward for going tobacco-free?

A healthy baby.

What were some of the circumstances that led Mary to slip?

Mary had some unrealistic expectations for herself:

- It's not likely that clothes she purchased prior to pregnancy will fit until 6 to 12 months after delivery.
- She needed to allow more time to get herself and the baby ready to go on an outing. Sometimes tools like a calendar can keep a person organized. Friends can help, too.
- She shouldn't be afraid to ask friends and family for help, especially when getting used to a new baby and new routines.
- Mary kept an emergency package of cigarettes in the freezer, giving her easy access to a cigarette and making it easy to slip into an old habit. Mary wasn't confident in her new tobacco-free identity. Throwing away your cigarettes can strengthen your commitment to quitting and reinforces your image of yourself as a tobacco-free person.



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FACILITATOR ACTIVITY INSTRUCTIONS

Choosing Rewards and Handling Slips

How did Mary feel?

She felt that life was unfair, and that it was the baby's fault that she had to stop smoking and gained weight.

What was Mary doing when she had her cigarette?

She was giving in to her frustration by making the excuse that this would help her cope with a stressful situation.

What could Mary have done to make the situation less stressful?

She could have asked her friend to give her more time to get ready or to come early and help her get ready.

Did she anticipate this situation might happen? Did she have a plan for it?

Yes and no.

- She underestimated just how stressful caring for a new baby might be and didn't have plans to cope in place. But she did anticipate a stressful situation might come her way one day, because she kept her coping mechanism (her cigarettes) handy, even if they were in the freezer.
- Mary quit for her pregnancy but didn't think about quitting long term. She quit cold turkey, and didn't have an opportunity to think through her smoking behaviour or the reasons she uses tobacco (e.g., stress management, coping, weight control). Once her pregnancy was over, so was her motivation to quit. Her plan was to keep cigarettes around just in case. When Mary is ready to quit for herself, she needs to build more coping skills as part of her quit plan.

What could Mary do the next time she gets stressed?

Next time she might try:

- giving herself a pat on the back for resisting tobacco for so long and for a healthy baby
- asking for more time or help getting ready
- learning more about the reasons she uses tobacco and what her triggers are
- having more strategies to manage stress in her plan
- asking for help and support from her friends
- giving herself a healthy reward for staying tobacco-free
- trying to regularly eat healthy foods to maintain physical and mental energy to help cope with stress
- having realistic expectations for what she can accomplish with a new baby in her life



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PARTICIPANT HANDOUT

Celebrate Those Baby Steps to Success

Have participants come up with a plan for Mary that would give the story a positive ending.

Summarize the session

Remind participants to:

- think about rewards and use them often
- use slips as an opportunity to learn from setbacks
- update their quit plans, be kind to themselves and continue practicing being tobacco-free.



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PARTICIPANT HANDOUT Celebrate Those Baby Steps to Success

How to Talk to Yourself

Think of how you will encourage your new baby to learn to grasp your hands, sit up and walk, and how you will celebrate each of these events. You need to do the same for yourself as you learn to become tobacco-free. At each baby step you take on the way to stopping tobacco, use the same words of praise and encouragement and celebrate each success. If you're not used to doing this, it may seem a bit strange at first. Practice with phrases like "way to go," "I knew I could do it" or "I'm glad I made this choice." After a while it will get easier and you will be congratulating yourself for this and other tasks you succeed at, too. These positive words will back up your decision not to use tobacco and will help you start to see yourself as being tobacco-free.

Give Yourself a Gift

Remember that when you used tobacco, you likely used it as a reward: for taking time out, while socializing with friends or as a way of managing your stress. Now that you've quit, you will need a different reward to take its place.

Earn Bonus Reward Points with Extra Money

Is there something you've needed but couldn't fit into your budget, something you've always wanted to do, or something special you'd like to get as a treat for yourself?

Now that you're not spending money on tobacco, put some of that money aside to reward yourself. It doesn't have to be expensive or fancy. It's just to help you acknowledge that you are doing a good job being tobacco-free and that the choices you have made come with positive consequences. Here are a few ideas of rewards that can help you cope with times when you might be tempted to use tobacco:

- Download a song from the internet—bonus points! Not only are you rewarding yourself for being tobacco-free, but you can also use the music to relax or to distract yourself from the urge to use tobacco.
- Invite tobacco-free friends over to watch a movie with you—bonus points! Not only are movies entertaining, but afterwards you can also be movie critics together, too! Being among tobacco-free friends, or asking friends not to use tobacco in your home, helps you see yourself as fitting into your new tobacco-free lifestyle.
- Have a manicure party—bonus points! Invite friends to bring their favourite polish so everyone can try something new. You supply the treats or make it a potluck. Make sure you tell friends your home is tobacco-free. By removing those tar stains from your hands, you are helping yourself create a new tobacco-free image of yourself.



PARTICIPANT HANDOUT

Celebrate Those Baby Steps to Success

- Try having a new savory or spicy dish for supper—bonus points! Enjoy a delicious meal made even better by taste buds that have come alive since you quit tobacco.
- Ask a friend or relative to babysit for a few hours—bonus points! If they don't already know, let them know that your home is tobacco-free. Then don't go anywhere but into your bathroom. Turn out the lights, light some candles, play some tunes and simply soak in a tub of bubbles all to yourself. It's a good idea to have someone you can trust to babysit when you need a break.



As you reward yourself, remember that you are in control and making decisions about how to spend your money. Tobacco is no longer controlling you or your money.

Know Who Your Friends Are

When you were using tobacco, it was always there for you. In good times and in bad, it never talked back to you, and it always picked you up and helped you feel better. What a good friend! But now your friend is gone and you need something to take its place.

Have you remembered to tell the important people in your life that you've stopped using tobacco? Their support, friendship and words of encouragement can help boost your success in becoming tobacco-free. Sometimes, though, friends feel awkward and don't know how to help you, or are trying to help but are actually making things more difficult. Talk to them. Let them know how you're feeling and how they can help. Friends can support your efforts, and can listen to your frustrations. If you need to get away and do something, they are there to help. Let them take the place of tobacco.

Does the Idea of Praise and Reward Make You Uncomfortable?

Many women are good at doing things for others and at offering support and encouragement. But sometimes we are not very good at doing the same thing for ourselves. Often we find it difficult to accept a compliment, too. Because you've been using tobacco, you may think you don't deserve any rewards or praise for quitting a habit that's bad for you. This is negative thinking and can work against all the good things you are doing to stay tobacco-free. Focus instead on what you are learning to do for yourself, and be proud of what you've done. Remember you are working hard at

- choosing not to use tobacco
- finding different ways to learn to concentrate, deal with stress, relax and cope with boredom
- creating a new image of yourself as being tobacco-free
- finding new places that support your tobacco-free life
- celebrating each success

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PARTICIPANT HANDOUT

Celebrate Those Baby Steps to Success

Oops, I Did it Again

Change is hard work. There will be times when the urge to use tobacco is so strong that you may go ahead. This is called a slip, and it happens to just about everyone who stops using tobacco. If you do slip, it doesn't mean you have failed. Try not to get discouraged.

Most of us slip when we are faced with a problem or stressful situation that we weren't expecting, or when we had a plan that didn't work so well. While the tobacco break may help us cope, it doesn't solve the underlying problem. If you slip, stop and ask yourself these questions:



- who was I with?
- what was happening around me?
- how was I feeling?
- why do I think I slipped?
- what did I do to try and stop myself from using tobacco?
- did I expect this situation to come up, and if so did I plan for it?
- what can I do next time?

As you answer these questions, you will learn more about yourself. You will have a better understanding of how you have relied on tobacco in different situations to help you cope. Now you need to find ways to cope with problem situations without it.

Remember praise and rewards? The more you accept praise and reward yourself with good thoughts and feelings about your success and the steps you are taking to becoming tobacco-free, the less likely you are to slip!