

Quit smoking for baby



What are the risks for my baby from my smoking?

- **Miscarriage or stillbirth**
- Your baby may be born premature (before 37 weeks' gestation)
- Low birthweight and breathing problems
- Sudden Unexplained Death of an Infant (SUDI or cot death)

What are the benefits of quitting smoking when pregnant?

- Safer for your baby and better health for you
- Your baby will get better nourishment
- Less harmful chemicals in your bloodstream

Smoking in pregnancy is one of the main causes of stillbirth

Call Quitline on 13 7848 or visit quit.org.au

Quit smoking for baby



Quitting smoking in pregnancy

Your midwife, GP or obstetrician can help if you are thinking about quitting. Things to know:

- A smoke free environment is best during pregnancy.
- Counseling and support is available. The most common counseling service is Quitline. They can support you and your family members with quitting, and can be contacted on 13 7848.
- Approved quit smoking medicines, such as nicotine replacement therapy (NRT), may help.
- E-cigarettes are not recommended in pregnancy.

Quitting early is best, but stopping at any time in your pregnancy will benefit you and your baby.

Myths and facts about smoking in pregnancy

I'm already three months pregnant. What's the point of stopping now?

It is never too late to quit. Quitting at any time during pregnancy reduces the harm to you and your baby.

How about I just cut down?

Quitting is the best way to protect yourself and your baby.

Smoking relaxes me when I'm stressed - isn't that better for my baby?

No, smoking speeds up your heart rate, increases your blood pressure and means less oxygen goes to your baby. Finding another way to relax is much better and safer for you both. Quitline or other smoking cessation services can help you manage stress and cravings when quitting.



Call Quitline on 13 7848
or scan the QR code to visit
quit.org.au

