

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)
- Sudden Unexplained Death of an Infant (SUDI or cot death)
- Low birthweight and breathing problems

What are the benefits of quitting smoking when pregnant?

- Improved health and wellbeing
- More money in your pocket
- 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 quitline.org.au

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What can help you quit smoking in pregnancy?

Your midwife, GP or obstetrician can help if you are thinking about quitting. They will suggest:

- Counselling services to help address your triggers
- For some women, quit smoking products may be needed

The most common counselling service for pregnant women is Quitline, which is staffed by specially-trained counsellors who will support you in trying to quit - not make you feel guilty. Contact your local Quitline for free on 13 7848 or download the 'Quit for you - quit for two' app designed for pregnant women.



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?

Cutting down doesn't reduce the risks to your baby or you.

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

Smoking actually speeds up your heart rate, increases your blood pressure and affects your baby's heart rate. Finding another way to relax is much better and safer for you both.

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