

#Quit4Baby

Quit smoking for baby.



pretermalliance.com.au



saferbaby.org.au

What are the benefits of quitting smoking when pregnant?

- Safer for your baby and better health for you
- Your baby will grow better
- Fewer chemicals in your bloodstream

Your maternity healthcare professional can help you to quit smoking and avoid second hand smoke.

Counselling and support is available - call **Quitline on 13 7848** or visit **quit.org.au**

E-cigarettes (vaping) are not recommended in pregnancy

Smoking in pregnancy increases the chance your baby may be stillborn or born too early.

FIND OUT MORE:

saferbaby.org.au and **pretermalliance.com.au**

or speak to your maternity healthcare professional if you have questions about quitting smoking.



The list of organisations who have contributed to development of, and endorsed this resource, can be accessed via: saferbaby.org.au

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