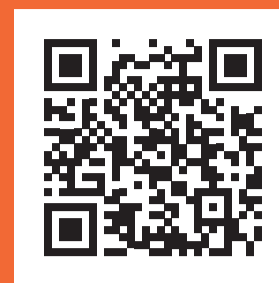


# Quit smoking for baby.



## 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

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 are not recommended in pregnancy.

## Smoking in pregnancy is one of the **main causes of stillbirth.**

**FIND OUT MORE:** [saferbaby.org.au](http://saferbaby.org.au) or speak to your maternity healthcare professional if you have questions about quitting smoking.