

#Quit4Baby

Quit smoking for baby



pretermalliance.com.au



saferbaby.org.au



What are the risks of smoking when pregnant?

- **Miscarriage or stillbirth**
- **Your baby may be born too early** (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 grow better
- Fewer chemicals in your bloodstream

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

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



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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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.
- Counselling and support is available. The most common counselling 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 (vaping) are not recommended in pregnancy.

Stopping smoking is the most important thing you can do for 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. Stopping smoking will help protect your baby from being stillborn or born too early.

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.



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or scan the QR code to visit
quit.org.au

