

HELP YOUR PARTNER TO

Quit smoking for baby

#quit4baby



What are the **risks** for my baby from Mum smoking OR from others smoking around her?

- 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 mum quitting smoking when pregnant?

- Improves her health and wellbeing
- Your baby will get better nourishment
- Less harmful chemicals in her bloodstream
- More money in your pocket

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

FOR MORE INFORMATION www.saferbaby.org.au



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Who can help her quit smoking in pregnancy?

YOU CAN! You are the most important support person for her and the baby. You can:

- Show her this flyer
- Suggest she contact the Quitline and talk to someone
- Stay positive and encourage her to quit without criticising
- Help keep other smokers at a distance so that your partner and your baby are protected

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

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

The most common counselling service to help quit smoking for pregnant women is **Quitline** which is staffed by specially trained counsellors who will support her in trying to quit – not make her feel guilty. She can contact her 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 the pregnancy will benefit mother and baby.



Myths and facts about smoking in pregnancy

She is 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 mother and your baby.

How about just cutting down? Cutting down doesn't reduce the risks to your baby or the mother.

Smoking relaxes her when she's 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 both mother and baby.

