

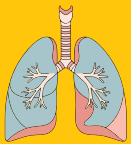
Good things happen when you quit smoking.

For your baby



- You reduce the risk of losing your baby.
- Your baby is more likely to be born a healthy weight and on time.

For you and your family



- After a few weeks, breathing gets easier.
- You save money.
- You protect your kids from your smoke.
- Your kids will be less likely to start smoking.

Get support

For information and support visit your local clinic.

Talk to a friend or family member who has quit or who doesn't smoke.

Call Quitline 13 78 48

Quitline is a welcoming, free and confidential counselling service.

You can ask to speak to an Aboriginal counsellor.

Your local clinic details

.....

Phone No:.....

QUITTING SMOKING IN PREGNANCY

The best thing you can do for you and your baby is to quit the smokes.



Second-hand smoke

When others around you smoke, you breathe their secondhand smoke.

This can harm you and your baby.

Make your home and car smoke-free



- Ask family and visitors to smoke outside your home.
- Don't smoke in the car.



- Even with windows down, smoke stays in the car and harms your baby's lungs.

When your baby is born, do not smoke near them.



When do you smoke?

(Tick all those that apply)

- ☐ Having a coffee or tea
- ☐ After food
- ☐ With alcohol
- ☐ When bored
- ☐ When stressed
- ☐ Break from work
- ☐ With friends
- ☐ Waking up
- ☐ _____
- ☐ _____

Think about what you could do instead.

Ready to quit?

Set a quit day _____

Tell your friends and family you are quitting.

Try the 4Ds



Delay for at least five minutes, the urge will pass



Deep breathe slowly



Do something else to distract yourself



Drink water to take time out, sip slowly

If you haven't been able to quit

Speak to your clinic or midwife about NRT (Nicotine Replacement Therapy) to help you quit.