

Give up together

- You can work out a quit plan together.
- You can support each other when it gets tough.
- You'll be doing something together for the baby.
- You'll both feel more healthy and be less likely to get sick.
- You'll have more energy to enjoy the new baby.
- You will save twice as much money and can buy something you both need.
- You'll be setting a good example to the kids, and they won't be so likely to smoke when they grow up.

You need to know:

Since July 2009, there's a law against smoking in a car if there is a child under 16 with you. The driver and any passenger who smokes will be given a \$250 on-the-spot fine.

Your baby needs you to quit

If you would like some help with quitting, talk to your health worker or doctor. For the cost of a local call you can also get information and support from Quitline.

**Call 13 7848 (13 QUIT)
or go to icanquit.com.au**

NSW Health



Quit for new life

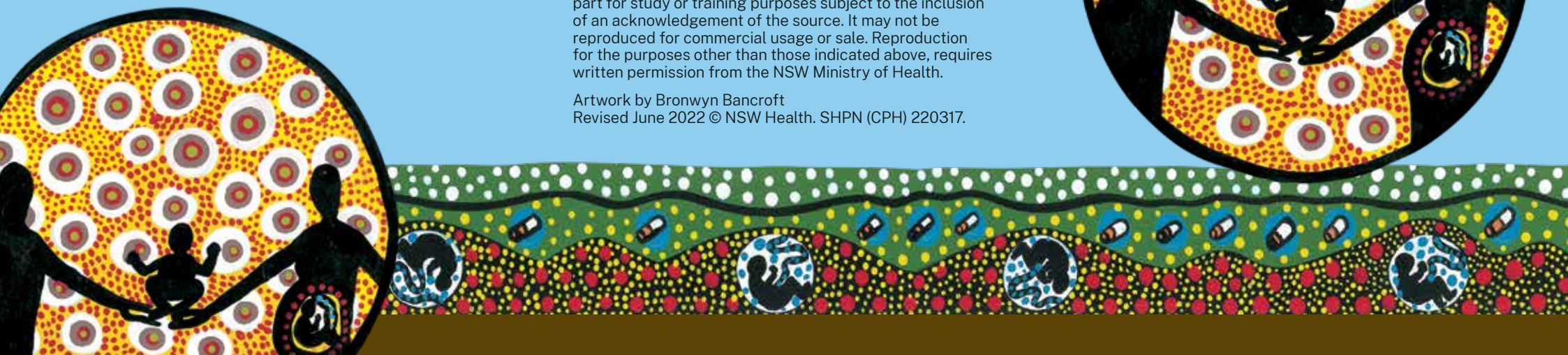
How you can help a new mum to quit smoking

NSW Ministry of Health

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Why smoking near pregnant women is harmful for the baby

It's not good for a woman who is pregnant to smoke or breathe in other people's smoke. The chemicals from the smoke get into her blood stream and harm the baby.

If a pregnant woman breathes in a lot of cigarette smoke their baby will be at risk of:

- miscarriage
- being born too early and sickly
- Sudden Infant Death Syndrome (SIDS).

After they are born, if you smoke near them, the baby will be more likely to have:

- ear infections and hearing problems
- asthma, chest infections, coughs and colds
- problems with learning and behaviour.

Did you know smoke sticks to clothes and skin?

Even outside, cigarette smoke can drift through the air where you don't see it.

Cigarette smoke can stick to clothes and then the baby can breathe it in.

- If you are going to hold the baby, put a shirt or jacket over your normal clothes when you smoke. Then take it off before you hold the baby.
- Wash your hands and face after every cigarette.

How can you help keep mum smoke-free

- Try not to smoke when you are together.
- Smoke outside away from her.
- If she smokes, help her work out a quit plan.
- Understand what her triggers for smoking are and help her avoid them.
- Don't offer her cigarettes and keep your cigarettes away from her.

