

### Giving up smoking is the best thing you can do for your baby.

The good news is that you don't have to do this on your own.

There's lots of free help available. This booklet will help you, along with your midwife and your local stop smoking services.

If you have any questions or want more information, call Smokeline free on **0800 84 84 84** to speak to an expert, or visit www.canstopsmoking.com

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You'll have more months , Your breath will smell fresher.

You'll look and feel better.

You'll look and feel better.

You'll have clearer skin.

You'll have a **lower risk** of **heart** and **lung disease**.

You'll have a **lower risk** of an **abnormal smear**.

Smoking harms you and your baby, so there are lots of reasons to stop.

# ICH STOUT ST

You choose to smoke, but your baby has no choice.

Smoking damages your baby's lungs

Smoking can cause a cleft lip or palate

Smoking stops your baby getting enough oxygen

Smoking increases the risk of you miscarrying your baby

Smoking causes your baby to be born too early

Smoking stops your baby reaching a healthy weight

Smoking causes **cot death** (sudden unexplained death in infancy)

Smoking causes stillbirth (the baby is born dead)

You can protect your baby by giving up smoking and making your home a smoke-free home. If you have any questions or want more information about your nearest stop smoking service, call Smokeline free on 0800 84 84 84.

### More reason

one week

One week of not smoking will save you about £56 - enough to buy some toys and clothes for your baby.

As well as health reasons for you and your baby, quitting smoking saves a lot of money. So find your nearest stop smoking service by calling Smokeline

free on 0800 84 84 84 .

You could have a fun family day out with the money you've saved after just one month of not smoking (about £240).

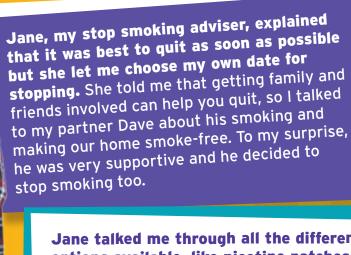
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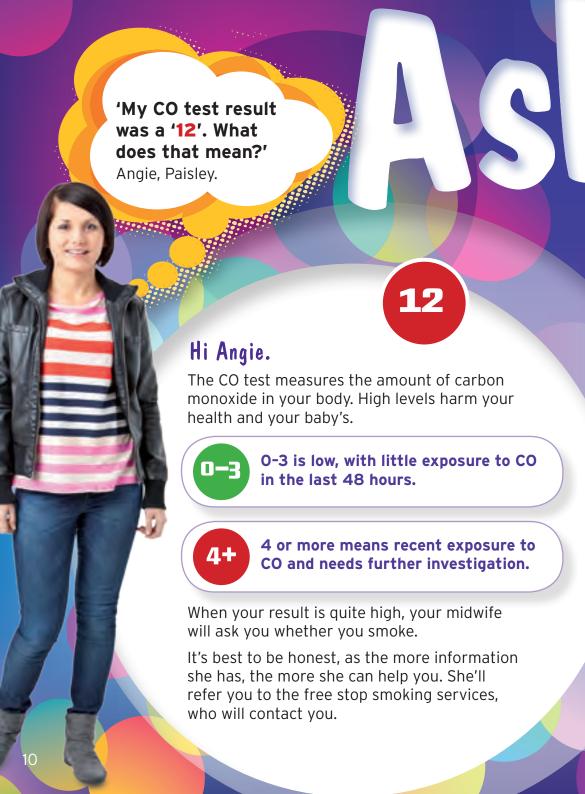


Jane talked me through all the different options available, like nicotine patches and lozenges, which really help because I used to smoke 20 a day. Now Jane calls me every week to see how I'm doing, and she even has advice on how to deal with stress and boredom - which used to make me reach for cigarettes.

My partner Dave has been really supportive and together we have made our home smoke-free. Having Dave's support has been so helpful, because now I have nobody I can nick a fag from.

Even my mum has stopped smoking now.

The first month was the hardest, but it got easier. When Ella was born and I knew she was healthy it made me realise how glad I was that I gave up smoking. Dave and I have both still quit, and we're going to keep our home smoke-free.





### The stop smoking quiz







### 'Smoking

means that the baby will be smaller, making the birth easier and less painful."

True or false?

Q2;

### 'Smoking

helps you manage your stress levels.' True or false? Q3

### 'Some women

smoke throughout their pregnancies with no bad effects.'

True or false?





### 'Giving up

smoking is too difficult on your own."

True or false?



### 'Cutting down

the number of cigarettes you smoke helps your baby, so you don't need to give up.'

True or false?



### 'It's okay

to use e-cigs when you're pregnant'.

True or false?



### 'Menthol

and low-tar cigarettes are okay during pregnancy.'

True or false?



### 'If I stop

smoking, I'll still have nicotine cravings. True or false?

**Answers over** the page...

### The stop smoking quiz



A1: doesn't make

Smoking doesn't make labour or birth any less painful, and won't affect the size of the baby's head. However, smoking can slow a baby's growth, meaning it could have health problems, including a lower birthweight.

**A3**3

FILSE

The chances of you and your baby having health problems are a lot lower if you stop smoking. Don't risk it - your midwife or stop smoking adviser will help you give up.

A2: FILLS

Smoking actually causes stress, because it speeds up your heartbeat and raises your blood pressure.

A4 Gause

Don't worry - you're not on your own.
That's why we refer you to our local stop smoking services.





There is no safe amount of cigarettes. Any amount of smoking damages your health and your baby's.



E-cigs are almost certainly less harmful than tobacco smoking. However, this does not mean that they are safe in pregnancy. Quitting smoking ASAP is the best approach, and if you're having nicotine cravings, then seek advice on nicotine replacement therapies like lozenges and gum to help you quit.

### A7

Research shows
people who smoke
these actually
inhale more deeply,
which could be
even worse.

### **A8**;

### GUIGE

That's where the stop smoking service comes in. They can help you manage those cravings, and they'll advise you of the options available, including nicotine replacement therapy (NRT) if that's right for you.



### 'I might put on weight'

Some people put on a small amount of weight when they stop, some don't put on any. Stop smoking now, and you can lose weight after the birth if you need to.

#### 'I'm too stressed.'

Pregnancy can be hard, but there really isn't a better time to stop smoking, because you're giving up for yourself and for your baby. Your stop smoking adviser will help you find other ways to cope with stress.

### 'I've cut right down.'

The next step is to quit completely as soon as possible, as any amount of smoking damages your baby's health and your health.

### 'It's too late, the damage is probably done.'

It's never too late. But the earlier in your pregnancy you give up, the better for you and your baby.

# PROUS.

#### 'My mum smoked through her pregnancy and I'm okay.'

Some people are lucky, but millions of people aren't.

Smoking causes many medical problems, such as cancer and heart disease.

So don't risk your health, or your baby's - give up now.

#### 'I've tried so many times before and never managed.'

It sounds like you're really keen to stop, and with the free specialist support and advice you can do it this time.

## your p

### Make a list of reasons to stop.

Thinking about your reasons to stop will help you to keep going if things get hard.

Tick your reasons. I want to stop because:

- I want my baby to be healthy
- I want my children to grow up non-smokers
- I can't afford it
- I want to improve my own health
- I want my clothes and hair to be free from stale smoke
- I don't want to be addicted to smoking it's time to stop
- I want my home to be smoke-free



Write your own reasons and you can look back at these on a bad day. You can use these to remind yourself why you're quitting. I want to stop because:

It's normal to be anxious about stopping smoking. The good news is that you don't have to do it alone. There's **free support** to help you.

If you have any questions or want more information about your nearest stop smoking service, call **Smokeline free** on **0800 84 84** 



including your unborn baby.

Make your home smoke-free. Get everyone to take it right outside.

Second-hand smoke can hurt babies, causing lung problems and infections, cot death, middle ear infections and can even cause asthma.

Second-hand smoke breathed in by mum can **hurt babies**, can lower birthweight and can cause premature birth.



She gave up. You can too.

When Lauren found out she was pregnant, she was a smoker. With the help of her stop smoking adviser, she managed to kick the habit (see page 8).

Smokeline will give you advice on stopping smoking as well as details of your free local services.

So call **Smokeline FREE** on **0800 84 84 84.** Or text **CALL** to **83434** and a Smokeline adviser will ring you back.

Trained advisers are there to help you from 8 am to 10 pm.

www.canstopsmoking.com



# Call Smokeline FREE 0800 84 84 84