



**Healthy Lifestyles  
Isle of Wight**



I knew it was the  
right time to quit  
smoking.

**Specialist support can make all the  
difference when quitting smoking**

# The best thing you can do for your baby is quit smoking.



## Ready to quit?

- **Call:** 01983 642369
- **Visit:**  
[healthylifestylesiow.co.uk](http://healthylifestylesiow.co.uk)
- **Text** QUIT to 66777

Having support is helpful, so bring your family and friends who can also receive FREE support to quit.

Stopping smoking at any time can be tough but during pregnancy it is even more important than ever.

You might be feeling worried about your baby but our advisers are here to help you. It is beneficial to stop smoking at any time during pregnancy but the earlier the better, as smoking increases the risk of complications during pregnancy and beyond.

This includes the risk of:

- Miscarriage
- Bleeding
- Poor growth of baby
- Premature birth
- Still birth
- Cot death
- Breathing problems in baby during the first 6 months

Cutting down is not enough - you and your baby are still at risk.

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# Ready to quit?

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Pregnant women **CAN** successfully quit during pregnancy. Healthy Lifestyles Isle of Wight has a pregnancy advisor who can give you **FREE, confidential** advice and support.

There is lots of help available; based on your preference, we are able to help you with:



- Face to face support
  - Telephone support
  - WhatsApp/ Video calling
  - Advice about managing cravings and stressful situations
  - Nicotine replacement such as patches and gum which are safe to use during pregnancy.
  - Vapes are also available and are considered less harmful than smoking tobacco.
  - Vaping voucher scheme
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# Smokefree homes are also really important!



Children breathing in other people's cigarette smoke results in thousands of doctor visits and hospital admissions each year.

Over 80% of cigarette smoke is invisible. If anyone smokes near you, you will be exposed to secondhand smoke.

Secondhand smoke is dangerous because the harmful gases and chemicals are inhaled by you and your baby.

Healthy Lifestyles Isle of Wight can support you and your home to be smokefree when you leave hospital with your new addition.

**Babies and children should always be in a smokefree atmosphere. If someone wants to smoke in your home, ask them to go outside.**

Family, friends and those visiting your home can receive free help and support to quit for good by contacting the Healthy Lifestyles Isle of Wight team.




Having support is helpful, so bring your family and friends as they can quit with you too!

You are more likely to quit with professional support than by going it alone.







## Smoking can also harm your baby's growth and development.

Smoking whilst pregnant could be restricting the growth of the baby in the womb.

## How does smoking affect unborn babies?

When you inhale smoke you are putting toxic chemicals into your body. Two of the main components are tar and carbon monoxide, a poisonous gas. These chemicals damage both your body, your unborn baby and can cause a wide range of health problems over time.

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You can self refer by phoning **01983 642369**,  
**texting QUIT to 66777** or by visiting the referral  
page on our website **healthylifestylesiow.co.uk**.  
Alternatively you can speak to your midwife who  
can place the referral on your behalf.



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