



**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.



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

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.

The earlier you stop smoking during pregnancy, the better, as smoking increases the risk of complications during pregnancy and afterwards.

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This includes the risk of:

- Miscarriage
 - Bleeding
 - Poor growth of baby
 - Premature birth
 - Stillbirth
 - Cot death
 - Breathing problems in baby during the first 6 months
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Ready to quit?

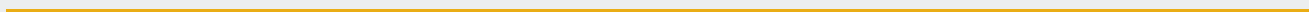


Pregnant women CAN successfully quit during pregnancy.

Smokefree Island has a dedicated pregnancy advisor who can give you **free**, confidential advice and support.

Let us help you find the support that is right for you:

- Face-to-face support
- Telephone support
- WhatsApp/ Video calling
- Advice about managing cravings and stressful situations
- Nicotine replacements such as patches and vapes are less harmful to a pregnant woman and her baby than smoking tobacco
- Vaping voucher scheme



Smokefree homes are also really important!



Smokefree Island and the Maternity Stop Smoking Advisor (MSSA) can support you and your home to be smoke free when you leave hospital with your new addition.

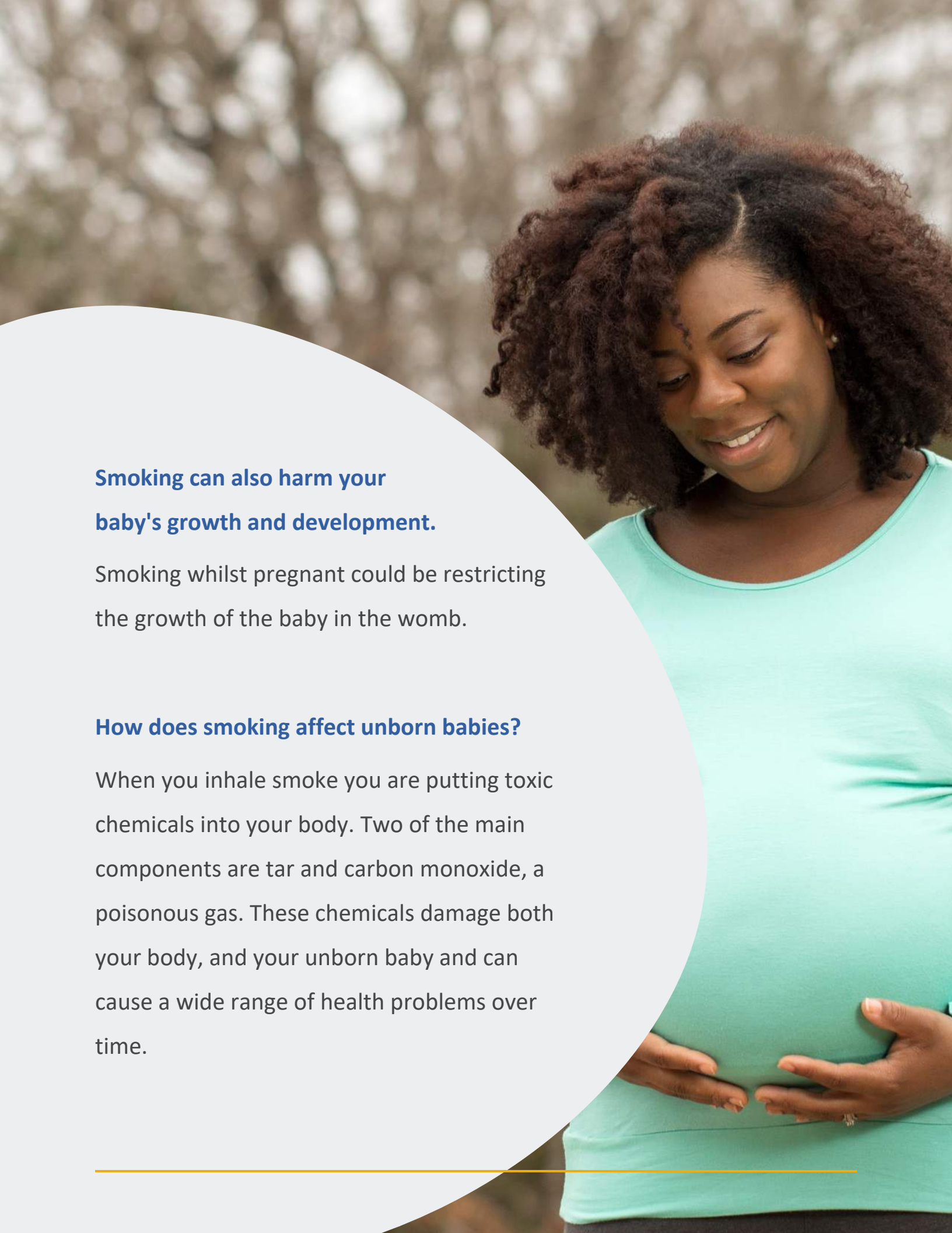
Each year, thousands of children are hospitalised because of inhaling other people's cigarette smoke.

Over 80% of cigarette smoke is invisible. You will be exposed to secondhand smoke if someone smokes near you.

The harmful gases and chemicals in secondhand smoke are inhaled by you and your baby.

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

Having support is helpful, so ask your family and friends if they can support you by quitting too!



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, and your unborn baby and can cause a wide range of health problems over time.



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

Contact the Maternity Stop Smoking Advisor
on: 07825965555

email: iownt.maternity-stop-smoking@nhs.net
or visit: SmokeFreeIsland.co.uk