

#Quit4Baby

saferbaby.org.au

Quit smoking for baby.



What are the benefits of quitting smoking when pregnant?

- Safer for your baby and better health for you
- Your baby will get better nourishment
- Less harmful chemicals in your bloodstream

Your maternity healthcare professional can help you to quit smoking and avoid second hand smoke.

Counselling and support is available – call **Quitline on 13 7848** or visit **quit.org.au**

E-cigarettes are not recommended in pregnancy.

A stylized illustration of a pregnant woman in profile, facing right. She has dark blue hair and is wearing an orange dress with a white polka-dot pattern. Her hands are gently cradling her belly. Inside her belly, a fetus is visible in a curled position. The background behind her is a dark blue area with white wavy lines.

Smoking in pregnancy is one of the **main causes** of stillbirth.

FIND OUT MORE: saferbaby.org.au or speak to your maternity healthcare professional if you have questions about quitting smoking.



The list of organisations who have contributed to development of, and endorsed this resource, can be accessed via: saferbaby.org.au

Version 1.0 January 2023