**#Quit4Baby** 

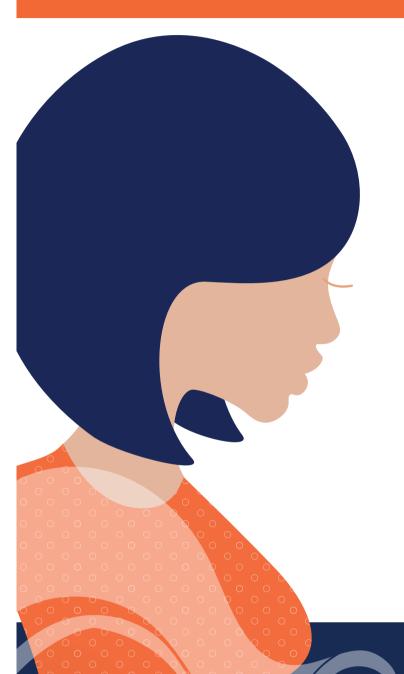
## Quit smoking for baby.





pretermalliance.com.au

saferbaby.org.au



## What are the benefits of quitting smoking when pregnant?

- Safer for your baby and better health for you
- Your baby will grow better
- Fewer 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 (vaping) are not recommended in pregnancy

Smoking in pregnancy increases the chance your baby may be stillborn or born too early.

## **FIND OUT MORE:**

saferbaby.org.au and pretermalliance.com.au or speak to your maternity healthcare professional if you have questions about quitting smoking.









