

I QUIT SMOKING FOR BABY AND ME



Health New Zealand
Te Whatu Ora

HOW DOES SMOKING HARM MY BABY?

If you smoke when you're pregnant, your baby smokes too. The toxic substances in a cigarette can enter your bloodstream, then pass through the whenua (placenta) to baby. These toxic substances can affect your baby's growth and development.

IF YOU SMOKE DURING PREGNANCY OR AFTER BIRTH...

Smoking can harm your baby and can cause **health problems** such as:

Increased risk of **losing your baby** (miscarriage or stillbirth)

A **low birth weight** that could be harmful



Increased risk of being **born too early** (premature birth)

Increased risk of ear, nose and throat related health problems such as **asthma** or **glue ear**



There's a strong link between smoking during pregnancy and after birth, and **Sudden Unexpected Death in Infancy (SUDI)**.

SUDI is when a baby under one year dies suddenly and unexpectedly during their sleep. Many of these deaths can be prevented.



For more information about the Foundations of Safe Sleep for SUDI prevention, please visit sudinationalcoordination.co.nz

WHAT SUPPORT IS AVAILABLE?

The great news is there's lots of support available before, during and after pregnancy.

Your local stop smoking service has free programmes specially designed to help people who are pregnant and their whānau. Programmes include:

- a quit coach that can help through tough times in your quitting journey and celebrate your successes
- incentive rewards or vouchers as you reach smokefree milestones
- free Nicotine Replacement Therapy (NRT) products that can help reduce cravings and withdrawal symptoms
- links to other services like hapūtangā or antenatal support
- kaupapa Māori and Pacific services.



Quitting smoking can be hard, but the great news is there's lots of support available for you and your whānau before, during and after pregnancy.



Scan the QR code or visit smokefree.org.nz to find your local stop smoking service.

Quitline also offers a pregnancy programme including phone and text support and NRT. Quitline is available 24/7. Their support is free and confidential.



USING GUM, LOZENGES OR PATCHES TO HELP WITH CRAVINGS

Nicotine Replacement Therapy (NRT) is far safer than smoking during pregnancy and can help to stop smoking.

Using NRT alongside support from your whānau, doctor, midwife or a quit coach increases your chances of quitting successfully.

The first NRT options to try if you are craving cigarettes during your pregnancy are nicotine gum, lozenges, an inhalator or a mouth spray. If cravings continue, patches may be recommended.

Your doctor, midwife or local stop smoking service can work with you to find the option that suits you best.

If you're craving cigarettes, nicotine gum, lozenges, or patches can help. They are much safer than smoking. Talk to a quit coach to see how these can help you be smokefree.



If your cravings get tough and you feel tempted to smoke, reach out for support from whānau or a quit coach, or call Quitline at any time of the day, as often as you need.

AFTER BABY IS BORN...

After baby is born it's still important to stay smokefree. The first six weeks can be challenging for many whānau. Remember how far you've come.

Even if you don't smoke around baby, harmful chemicals from cigarettes can stay on surfaces, clothes and hair. Babies can breathe in these chemicals or absorb them from the surfaces they touch. Every smokefree day is a win for you and your whānau.

WHAT ARE THE BENEFITS OF QUITTING?

Quitting smoking is one of the **BEST** decisions you can make for you, your baby and your whānau.

The kōpū (womb) is your baby's first home. Being smokefree ensures that your baby gets enough oxygen and protects them from the toxins in a cigarette.

WHEN YOU QUIT SMOKING...



Within **20 MINUTES** of being smokefree, your body begins a series of positive changes that will continue for years.

In **24 HOURS** all the carbon monoxide is out of your system and your lungs work better.

You're likely to live a healthier and **LONGER** life and you'll be giving your baby a much **HEALTHIER START**.



You'll notice your hair, clothes and breath smell **FRESHER** as your sense of smell and taste improves, and your skin appearance will improve with **FEWER** wrinkles.



IT'S NEVER TOO LATE TO QUIT FOR YOU, YOUR BABY AND YOUR WHĀNAU

Even if you have smoked for some of your pregnancy, quitting now will ensure your baby is healthier and strong. The earlier you quit smoking, the better.

A MESSAGE FOR PARTNERS/ FAMILY/WHĀNAU...

You play a powerful role in supporting your pregnant partner, friend, or whānau member to quit smoking and care for their health and the health of their baby.

- Quitting smoking can be challenging. Listening to their experiences and encouraging them can make a real difference and help them stay smokefree.
- Always maintain a smokefree environment around your pregnant whānau member and baby.
- If you smoke, this can be a positive opportunity to quit alongside them.



You'll be setting a positive example for your whānau by quitting smoking. Children who grow up in smokefree homes are far less likely to start smoking themselves. By quitting smoking, you're leading the way for your whānau. Your decision today supports the health of the next generation.

MAKE YOUR HOME AND CAR SMOKEFREE

Make every space you share with your whānau smokefree.

A smokefree environment protects babies and children from the harmful effects of secondhand smoke. Children who breathe secondhand smoke are more likely to develop illnesses such as chest infections, asthma and glue ear. Smoke residue on surfaces and clothing can also affect babies and children.

It is illegal to smoke or vape in a vehicle carrying anyone under 18 years old, whether the car is moving or stationary.