

THINKING ABOUT QUITTING?

Here's where to go for help

Talk

to your midwife,
doctor or
health worker



Call

13 QUIT
(13 7848)

Speak to a friendly
advisor (FREE service)



SMS

0408 264 664

Text PREGNANT
with your name and
address for a FREE quit pack



Public Hospital Patient

Ask for a REFERRAL
to the hospital
Smoking Cessation Clinic



App

Download
for FREE from
iTunes or Google
Play online stores



Website

www.quittas.org.au



*People become smoke free every day in Tasmania...
You can do it too!*

The Smoke Free Pregnancy Working Group
is a collaboration of stakeholders who want
to provide a smoke free start for every
Tasmanian baby.



SMOKING IN PREGNANCY

THIS IS WHAT TASMANIAN WOMEN TOLD US

FACT OR FICTION



Public Health Services
Department of Health



FACT OR FICTION

I'm already pregnant so there's no point stopping now

It's never too late to quit. Quitting at any time will give your baby a better chance of being healthier. It will also reduce the chance of you having pregnancy problems.

A small baby means a quicker and easier delivery

Having a small baby does not make birth quicker or easier. Small babies often don't cope well with the stress of labour and are more likely to have health problems at birth. A strong and healthy baby means a safer birth for you and the baby.

Doctors are just trying to scare me

Even if your baby is born a healthy weight, they are still more likely to have problems with feeding, settling and breathing. They are at much higher risk of sudden infant death syndrome (SIDS) and health problems later in life.

Smoking is relaxing, which is better for my baby

Smoking may seem like it makes you feel relaxed because it stops nicotine withdrawal but it actually makes you more stressed by increasing your heart rate and blood pressure. Smoking makes baby more stressed because it doesn't get enough oxygen. Try giving yourself some time out and taking a few deep breaths.

Cutting down is safer than quitting

Cutting down is a good start, but it does not stop the poisons getting through to your baby. There is no safe level of smoking for you or your baby.

Quitting is dangerous for my baby

Giving up smoking does not stress an unborn baby but continuing to smoke does. It increases the chances of problems for your pregnancy and baby.

Quitting is hard

Most people have to try a few times before they get there, but with help and support you can do it.

