

WHAT SUPPORT IS AVAILABLE TO ME IN WALES?



YOUR MIDWIFE, HEALTH VISITOR, OR GP

This is the best place to start. They will offer great support and give the right advice on nicotine replacement therapy (NRT).

HELP ME QUIT

Help Me Quit is a free NHS service in Wales. They offer one-to-one or group support. In some areas, they offer tailored services for pregnant smokers.

Contact **0800 085 2219** or visit helpmequit.wales to find out more.



YOUR LOCAL PHARMACY

Pharmacies can offer one-to-one sessions as well as nicotine replacement therapy such as patches and gum.

Visit www.nhsdirect.wales.nhs.uk to find your nearest pharmacy.

JOIN A CLOSED FACEBOOK GROUP

Smokefree Baby & Me - Wales is a closed group run by ASH Wales for pregnant smokers trying to quit and those trying to stay smokefree during pregnancy. The group provides a non-judgemental space where members can support each other and share their experiences of quitting.



**“DEAR MAM
AND DAD**

IF YOU SMOKE

I SMOKE TOO”



SMOKING IN PREGNANCY INFORMATION LEAFLET

**TALK TO YOUR MIDWIFE OR
DOCTOR ABOUT THE BEST QUIT
OPTIONS FOR YOU**



Ewch i helpafiistopio.cymru
neu tecstiwch HMQ | 80818.
Visit helpmequit.wales
or text HMQ to 80818.
0800 085 2219

ash wales
cymru
action on smoking and health

QUITTING SMOKING IS THE BEST GIFT YOU CAN GIVE TO YOUR BABY.

It's a huge challenge for many new parents but we're here to help. This booklet answers frequently asked questions to help you with your decision to quit smoking



RISKS TO BABY

- Miscarriage
- Stillbirth
- Preterm Labour
- Birth Defects
- Low Birth Weight
- Sudden Infant Death

RISKS TO MUM

- High blood pressure
- COPD
- Stroke
- Heart Disease
- Lung cancer
- Asthma

COULD THE STRESS OF QUITTING HARM MY BABY?

No. Smoking is far more damaging than the stress could ever be. Cravings between cigarettes may make you feel stressed, but this is just the withdrawal. These cravings will last around 3 minutes. You'll feel much better once you've quit. As a non-smoker your stress levels will be lower, perfect timing for when the baby arrives!

SURELY A LOW BIRTH WEIGHT WILL MAKE GIVING BIRTH EASIER?

No. It's a myth. It doesn't lead to an easier birth!

Low birth weight adds to the risk having a still birth. It makes your baby weak and more prone to disease. It also gives a higher risk of hearing loss, learning difficulties, sight problems and cerebral palsy.

MY PARTNER SMOKES, SHOULD THEY QUIT?

Yes. Second-hand smoke can harm both you and the baby, increasing your risk of a miscarriage, premature birth, low birth weight, birth defects, cot death and problems that could affect your child for life like allergies and asthma.

If you both smoke, why not quit together as a team!

