

## Your baby needs you to be a strong and healthy mum

If you carry on smoking, you are likely to get sick. Everybody knows that smoking is bad for you. It causes many serious illnesses such as:

- lung cancer
- heart disease
- pneumonia and other chest infections.

Did you know smoking can also cause:

- breast cancer
- eye cataracts
- weak bones (osteoporosis).

And it:

- makes diabetes worse
- damages skin
- stains teeth.

Your baby wants to grow up with a healthy mum.

Quitting smoking will be good for your health and your baby's health.

## Your baby needs you to quit

If you would like some help with quitting, talk to your health worker, midwife or doctor. For the cost of a local call you can also get information and support from Quitline.

Call 13 7848 (13 QUIT)  
or go to [icanquit.com.au](http://icanquit.com.au)



### NSW Ministry of Health

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NSW Health



# Quit for new life

Why your baby needs you to quit smoking



## Your baby needs you to quit so they develop strong and healthy

There are over 4000 chemicals in cigarette smoke. If you smoke, these chemicals get in your blood and then go straight to your baby. Your baby will also get less oxygen and less food.

This means you may be more likely to have a miscarriage than if you don't smoke.

And if you smoke you might have your baby too early, meaning:

- your baby is born small and sickly
- your baby's lungs aren't ready to breathe
- your baby might need special treatment which means you have to go to a larger hospital and be away from you family.

## ... so they are born strong and healthy

If you smoke when you are pregnant, your baby might be born addicted to nicotine. This will make them cranky and hard to settle.

If you or others around you smoke, your baby is more at risk of SIDS (Sudden Infant Death Syndrome). Nobody knows for sure why sometimes babies die suddenly or unexpectedly during sleep, but keeping smoke away from the baby is really important.

## ... so they grow up strong and healthy

If you smoke, your baby is more likely to grow up with:

- asthma
- ear infections and hearing problems
- chest infections, coughs and colds
- problems with learning and behaviour.

And when they grow up, they are more likely to start smoking themselves.

