

“If you’re pregnant and trying to stop smoking, **there’s so much help out there**. You can do everything from your own home and get support over the phone. **It’s all free**, it’s been so easy.”

Sarah, Nottingham



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bump 

Take the **first step** to a smokefree pregnancy.



**Speak to
your midwife.**



“When I first met with my Stop Smoking Advisor,
I thought I was going to be shouted at. But she was
so down to earth, just a normal person trying to help
women to stop smoking and have **healthier babies.**”

Sarah, Nottingham

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Take the **first step** to a
smokefree pregnancy.



**Speak to
your midwife.**



“Since I gave up smoking, I feel so much happier and healthier. I have **more money** to spend on my family and preparing for the new baby. **It makes a big difference.**”

Sarah, Nottingham



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You are **three times** more likely to quit smoking if you have support from your partner or family.

Take the **first step** to a smokefree pregnancy.



Speak to
your midwife.

Smoking in pregnancy harms **you** and **your baby**



Risks of smoking:

- Miscarriage
- Stillbirth
- Premature birth
- Lung and breathing problems for baby
- Baby born with heart defects
- Sudden infant death syndrome

Benefits of not smoking:

- Healthier placenta
- Baby's organs develop better
- Baby more likely to be born at the right time
- Baby born at healthier birth weight
- Baby grows stronger
- More oxygen to baby

Stop smoking for you and your baby

There's lots of support available to help pregnant mums stop smoking.
Talk to your midwife about what's available.

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