

“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.”

love  
bump 

Sarah, Nottingham



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.**”

love  
bump 

Sarah, Nottingham



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.**”

love   
bump

Sarah, Nottingham



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.

