

# Quit Smokes for Bubba



Smoking in pregnancy is one of the main causes of Sorry Business Babies (stillbirth). Stopping smoking as soon as possible in pregnancy is best for bubba and for you.

## Risks to bubba from my smoking

- Miscarriage or Sorry Business Babies (stillbirth)
- Bubba born too soon (before 37 weeks)
- Bubba born small and may have breathing problems
- Higher risk of sudden unexplained death of an infant (SUDI or cot death).

## Benefits of quitting

- Bubba will be safer and healthier
- Better health for you and your family
- More money in your pocket.

## Help with quitting

Your Aboriginal and/or Torres Strait Islander health practitioner, midwife or doctor can help you to quit.

They can help you to get support to:

- Deal with stress and cravings
- Access quit smoking products like gum or patches.

You can also call the Aboriginal Quitline on 13 78 48, and ask to speak with an Aboriginal person, or yarn with the Tackling Indigenous Smoking (TIS) mob in your community.



## Questions about smoking in pregnancy

I'm already a few months pregnant, what's the point of stopping now? How about I just cut down?

Quitting is the best way to help bubba be born safe and strong. Bubba still has lots of growing to do. Quitting now will help keep bubba and you healthy.

### Smoking relaxes me.

Smoking a cigarette increases your heart rate, puts your blood pressure up and reduces the amount of oxygen that goes to bubba. Finding another way to relax is safer for you both.

**E-cigarettes (vaping) is not recommended in pregnancy.**

