

SMOKE FREE FOR YOU AND ME

HOW STAYING SMOKE FREE IS GOOD FOR YOU AND BUB

Making the Deadly Choice to quit smoking and vaping can help create deadlier, healthier families for our Mob.



BEFORE PREGNANCY

Stopping smoking or vaping before getting pregnant can:

- ⇒ Help both parents have a baby more easily
- ⇒ Increase the chance of a healthy pregnancy and bub
- ⇒ Fix damage to sperm and eggs caused by smoking
- ⇒ Help give your bub a healthy start.



DURING PREGNANCY

Starting your quit journey anytime during pregnancy is good for you and your baby. It can:

- ⇒ Increase the chance of bub having a healthy birth weight
- ⇒ Help bub grow strong by giving more oxygen and nutrients
- ⇒ Protect bub from harmful chemicals
- ⇒ Make the air safer for both you and bub.



AFTER PREGNANCY

Quitting after bub is born still helps a lot. It can:

- ⇒ Keep your bub healthy as they grow
- ⇒ Help you stay strong and healthy
- ⇒ Save money you would spend on cigarettes or vapes.



DON'T BE SHAME, REACH OUT FOR PROFESSIONAL SUPPORT TO STAY SMOKE FREE

Support is available through:

- ⇒ Your local Community Controlled Health Service
- ⇒ Your General Practitioner (GP) and midwife
- ⇒ Quitline, who offer free, specialised support programs for both mum and partner — call **13 78 48**

deadlychoices.com.au

Deadly Choices

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for more
information!

