

SUPPORTING A DEADLY MUM

1. Have open and supportive yarns about their quit journey and their reasons for quitting.
2. Don't smoke or vape around them.
3. Remove potential triggers for smoking or vaping in their regular environments (ash trays, lighters, cigarette packets, vapes).
4. Help them navigate stressful scenarios as stress is often a major trigger for cravings.
5. Clean your space, including washing fabric items to remove the smell of cigarettes and harmful impacts of third hand smoke.
6. Encourage gentle movement (swimming, walking, stretching) to release endorphins and distract from cravings.
7. Be patient, navigating quitting is difficult and support from loved ones is vital to a successful quit journey.

INFORMATION FOR PARTNERS

As a partner, staying smoke free and maintaining a smoke-free environment for mum helps to reduce triggers for nicotine cravings, making for a healthier, deadlier bub and mum.

Free, specialised support programs are available through Quitline on **13 78 48** for both mums and partners.

SMOKE FREE SUPPORT

Below is important information to support you when you're ready to go smoke free for you and bub!

CREATING A DEADLY SUPPORT NETWORK

Asking your Mob to help keep you motivated, and not smoke around you, can help you quit. Great support people could include:

- ⇒ Friends
- ⇒ Family
- ⇒ Partner
- ⇒ Mums & Bubs group
- ⇒ Local tobacco champion
- ⇒ Community Controlled Health Service worker
- ⇒ Your midwife
- ⇒ GP or Doctor

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



YOU AND ME, WE'RE GOING SMOKE FREE

Give up the smokes for
the health of you and bub.



Deadly Choices

SMOKING AND PREGNANCY

Every step towards a deadly pregnancy counts when it comes to a healthy bub and mum. Making the Deadly Choice to quit smoking and vaping can help create deadlier, healthier families for our Mob.

PRE-CONCEPTION — THINKING ABOUT STARTING A FAMILY?

Quitting can help give your family the best start. Our bodies begin to heal quickly when we quit smoking and vaping, with benefits seen almost immediately. Fertility can begin to improve for both partners after quitting, making conception more likely.

Quitting smoking and vaping can:

- ⇒ Better your chances of conception by improving the fertility of both parents
- ⇒ Increase the chance of a healthy pregnancy and bub.

DURING PREGNANCY

Quitting smoking and vaping can help keep you and your bub strong and can be beneficial at all stages of pregnancy. Quitting smoking 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.

POST-PARTUM

Choosing to stay smoke free after birth is a powerful way to nurture bub's growth and wellbeing. Staying smoke free gives bub the best start to life and ensures mum is her healthiest self to care for a little one. If mum begins smoking or vaping again after birth, bub can still consume nicotine and other harmful toxins through breast milk and passive smoke (when a person inhales toxins from cigarettes and vapes from somebody or something nearby).

Starting your quit journey before pregnancy is the deadliest choice for both mum and bub's health, but **there are benefits to quitting at all stages**. Simply reducing the amount of cigarettes or vapes used during pregnancy is still harmful, quitting completely is always the best choice.

Creating smoke-free spaces can also help to give mum and bub a healthy pregnancy by reducing the risk of passive smoking.

