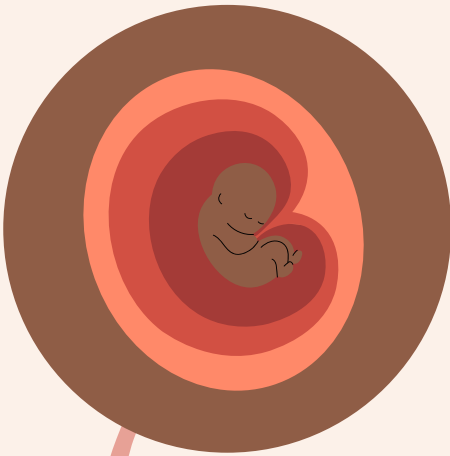



BENEFITS OF GOING SMOKE-FREE


in the first 3 months of pregnancy

- 
- **Lower SIDS risk**
 - **Healthy birth weight**
A healthy weight means less sickness.
 - **Less labour complications**
and a better chance of a safe birth for both bub and mum
 - **Lower risk of miscarriage**
 - **Lower risk of premature birth**
mum less likely to deliver bub too early.

Later in pregnancy

- 
- **Healthier birth weight**
 - **Bub practicing breathing movements**

Postpartum

- 
- **Increase breastmilk supply**
makes feeding bub easier.

Quitting anytime will give bub the best chance at a healthy life!

Want help?

Have a yarn with your Doctor or Aboriginal Health Worker, or call QUITLINE

