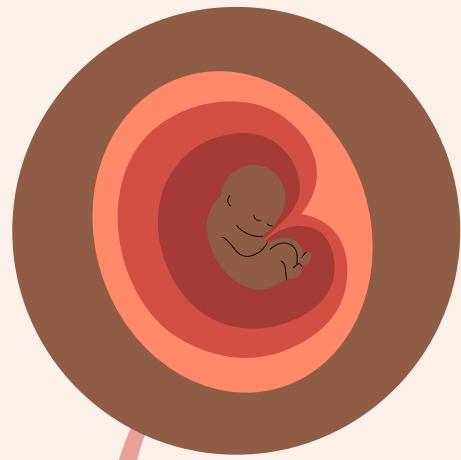


# BENEFITS OF GOING SMOKE-FREE

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

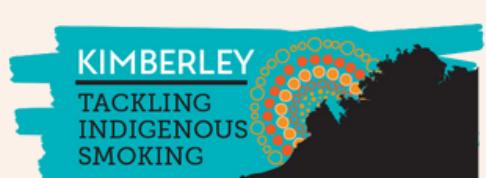
- Healthier birth weight
- Bub practicing breathing movements



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

