

Our support

Kimberley Tackling Indigenous Smoking (KTIS) is part of Kimberley Aboriginal Medical Services (KAMS). Together with the local clinics, we work with pregnant women to help babies begin their life in a healthy smokefree environment'



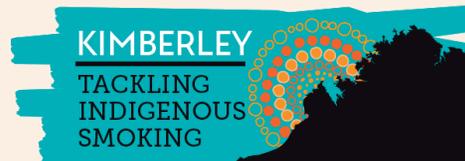
Have a yarn

TALK TO
Aboriginal Health Worker/nurse/doctor at your local clinic or AMS.

CALL



to help you through your quitting journey.



Bubs & Mum

Give your bub a healthy start,
Quit for bub,
Quit for you.

Important messages

Smoking during pregnancy can cause:

- Miscarriage
- Stillbirth
- Damage to bub's brain, heart and lungs



It can also cause problems later on in life for your bub such as:

- Asthma,
- Type 2 Diabetes
- High blood pressure.



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

It's NEVER too late to quit
BENEFITS OF QUITTING
in the first 3 months of pregnancy

Healthy Birth Weight

Healthy weight means less sickness.

Lower SIDS risk

Less premature birth
mum less likely to deliver bub too early.

and a better chance of a safe birth for both bub and mum



Lower risk of miscarriage

Less labour complications

later in pregnancy

Healthier birth weight

Bub practicing their breathing movements



Postpartum

Increase breastmilk supply
making feeding bub easier.



Other help:

If other methods of quitting have not helped, visit your doctor and try quitting using Nicotine Replacement Therapy (NRT).

Oral forms are best



use Lozenges or Gum after breast feeding



Don't use patches or mouth spray

NRT is safer for your bub compared to the **7000 chemicals** in cigarettes