

Pregnant and smoking? Time to quit?

**Live Life
BETTER**
DERBYSHIRE

We're here to help

Our Live Life Better Derbyshire service offers friendly, non-judgemental help and support for mums-to-be who want to quit for good.

**You're four times more likely
to stop with our help.**

say
yes
to a
healthier
you

DERBYSHIRE
County Council

Do you know the risks?

When you smoke your baby does too.

Each time you have a cigarette it reduces the blood flow and oxygen to your baby for up to 20 minutes and increases your baby's heartbeat.

When you smoke you increase the risk of miscarriage, premature labour, stillbirth or cot death.

You also increase the risk of having a baby with:

- Birth defects, e.g. cleft lip, heart problems, limb malformations
- Low birth weight
- Attention deficit disorder
- Asthma and wheezing

We can help make stopping smoking easier and you're four times more likely to stop with our support than trying to go it alone.



Do you know the benefits?

Two days after your last cigarette there's much more oxygen in your blood, making you and your baby healthier.

You will have:

- More energy
- More strength for labour
- A healthier baby
- Increased breast milk
- More money



Myths and facts

Myth

It is easier to give birth to a smaller baby.

Fact

This is usually not the case as the baby often still has the same sized head. However a smaller baby frequently means a weaker baby which could lead to complications and a stressful delivery.

Myth

The odd cigarette doesn't hurt.

Fact

Every cigarette causes damage to both you and your baby. There are over 4,000 chemicals in every puff.

Myth

The stress of stopping smoking is worse for the baby than mum continuing to smoke.

Fact

Smoking is far more damaging to you and your baby's health than any stress that comes from quitting.

What help is available?

- Friendly advisors offering advice and information
- Support for you and your family during your pregnancy and after the birth
- A range of nicotine replacement products, often free of charge

After the birth

Every cigarette causes damage to both you and your baby. Smoking near children has been linked to cot death.

The number of cot deaths could be reduced by almost two thirds if parents stop smoking and make their homes smoke free.

Phone today for information or to speak to an advisor

Call: 0800 085 2299 or 01629 538200

Visit: livelifebetterderbyshire.org.uk



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