



Quitline Aboriginal Liaison Team

Tobacco
free
pregnancy



This booklet serves as a guide only.

Individuals, families and communities are strongly encouraged to seek further assistance and support from your Doctor, GP, Nurse, Aboriginal Health Practitioner/Worker or call **Quitline 13 78 48**.



Patrick Bayly

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NO amount of smoke is a safe amount.

Introduction

Planning to have a family or discovering you are pregnant is an exciting time. This can be a great opportunity to plan a healthier lifestyle for you and your family. Being healthier can make your pregnancy more enjoyable and give your baby the very best chance to be born healthy and strong.

One of the ways of committing to a healthy lifestyle for you and your baby is not to smoke during pregnancy.

No amount of smoke is a safe amount. Stopping smoking will give your baby the best start to a healthy life.



Smoking and your baby: Why is it dangerous to smoke during pregnancy?

The placenta and umbilical cord plays a vital role during your pregnancy. The blood flow through this cord provides your baby with oxygen and essential nutrients needed for your baby's growth and development.

Cigarette smoke contains around 7,000 different chemicals and gases. Some of these include:

- paint thinner (turps)
- butane (used in lighter fluid)
- arsenic (insecticides)
- ammonia (chemical cleaner)
- acetone (nail polish remover), and
- lead (toxic metal).

Each time you have a cigarette you are breathing these harmful chemicals and gases. Your growing baby is also exposed to these harmful chemicals and gases.

When you smoke you reduce the amount of oxygen in your bloodstream. This also means your baby's oxygen supply is decreased. The nicotine in cigarettes increases your baby's heart rate and makes the vessels in the umbilical cord and placenta smaller which means less blood flows to your baby.

This may lead to complications for both mother and baby:

For mum

- Pregnancy emergencies outside the womb (ectopic pregnancy), miscarriage, placenta blocking the cervix (placenta previa), or waters breaking too early
- Baby born prematurely
- Still birth
- Lower weight baby.

For baby

- Baby's lungs, heart or brain not developed fully: baby may need assistance breathing at birth; have heart problems; or have more chance of learning disabilities or behavioural problems
- Increased risk of SUDI (Sudden Unexpected Death in Infancy)
- Longer-term issues such as asthma, high blood pressure, type 2 diabetes, and increased risk of being obese when older.

Stopping smoking is the best thing for you and your baby.



Solid reasons to quit

1 Have a strong healthy baby

- Healthy weight
- Healthy lungs
- Feeding well

2 Be a healthier mum for your baby

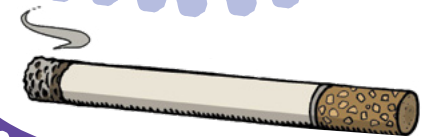
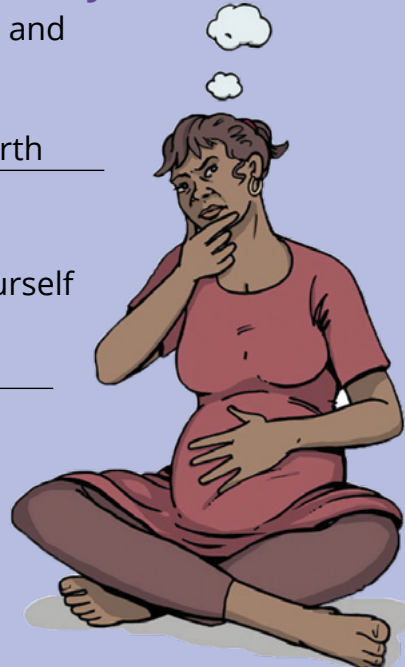
- More oxygen available for you and your baby
- Decrease chances of having a complicated pregnancy and birth

3 Know you're keeping your baby safe and healthy

- Feel good and be proud of yourself
- Not exposing them to second-hand smoke

4 Be a good role model for children and community

- Live longer
- Be there to pass on culture and knowledge
- Make the family proud
- Save money



How much is smoking costing you and your family?

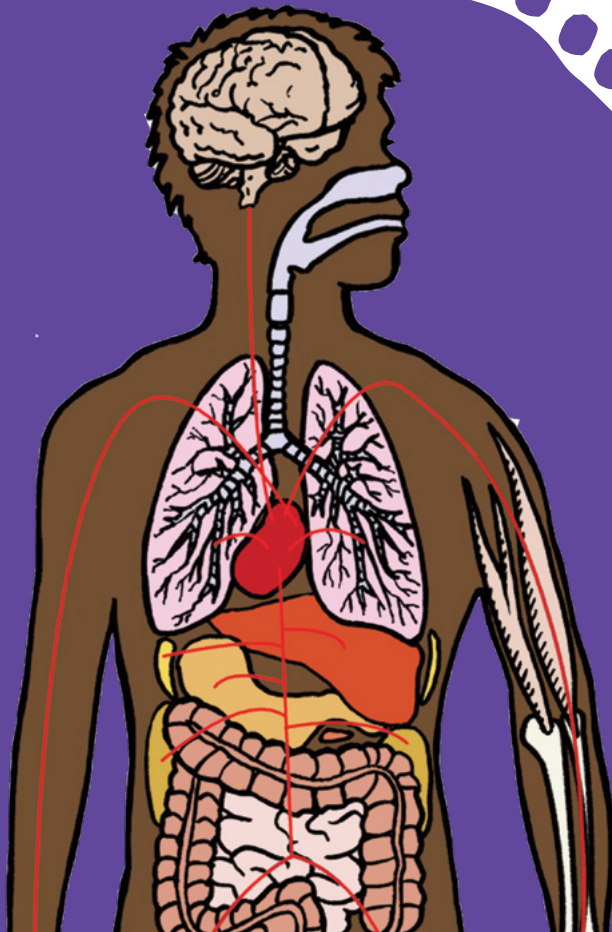
Save more money for you and your family. The average price of a 25 pack is approximately \$35 - \$40. If you smoke 10 cigarettes per day see how much it will cost you over time:

Expenditure breakdown:

Per week:	Per fortnight:	Per year:
\$120	\$240	\$6,240

Your body's journey to repair

Within 8 hours	excess carbon monoxide is out of your blood
5 days	most nicotine is out of the body
1 week	senses of taste and smell improve
4 weeks	blood flow is improving
3 months	lungs are working better
1 year	risk of heart disease has halved
5 years	risk of stroke has greatly reduced



Quitline

Quitline - 13 78 48

- Self referral or GP referral
- Aboriginal counsellors available
- Confidential
- Non-Aboriginal Quitline counsellors are trained to practice in a culturally safe and sensitive way

Quitline counsellors

Quitline is a confidential telephone counselling service. When you call Quitline you speak with a professional counsellor, trained to support you wherever you may be on your quitting smoking journey.

Quitline counsellors understand quitting can be tough and will not judge you. They know it might take a while for you to find the right way to quit - but they'll continue to support you on your journey to successfully becoming a non-smoker.



Planning to quit when pregnant

Having a plan can help you see the benefits of quitting.

Writing down the benefits for you and your baby can help keep you focused and motivated.

Call Quitline 13 78 48 for help with your quit plan.

My quit plan

My reason for quitting

Benefits for me

Benefits for my baby

My main barriers are

My strategies are

My support people are

My quit day is

Quitting methods

Call the Quitline - 13 78 48

Going cold turkey

- Giving up the smokes suddenly
- No prescribed medication
- Use of other distractions

Nicotine Replacement Therapy (NRT)

If you are pregnant, it is really important you get medical advice from a doctor, midwife or obstetrician (baby doctor). They will be able to advise if NRT is safe for you.

NRT must only be used in pregnancy under the supervision of a suitably qualified health professional.

Withdrawal

When you decide to quit smoking you may have some of these symptoms:

- Cravings
- Mood swings (irritable)
- Feeling hungry
- Headaches
- Coughing

These symptoms may become less over time as your body begins to repair.

Just remember these withdrawal symptoms do pass, but it can take between 10 to 30 days.



The health benefits for you and your baby will be immediate.

The 4 Deadly Ds

The 4Ds can be useful to manage cravings:

Delay | Deep breath | Drink water | Do something else

Other things include going for a walk, fishing, reading or drawing. For some people visualisation and meditation works well. Thinking about positive reasons why you are quitting (healthy you and healthy bub) as motivation can help keep you on track.

Some people find quitting easy, others find it difficult. You can help your baby's health by having a yarn to your GP, Nurse, Midwife, Aboriginal Health Practitioner/Worker for advice, support and options to help you quit.

Smoking while breastfeeding

If you're still smoking while breastfeeding, you may choose to:

- Smoke or chew nicotine replacement gum after you have breastfed your baby. The longer the time between breastfeeding and having a cigarette the better
- Cover or change clothes, wash hands and face after smoking
- Don't smoke in the house or car.

These tips are good to follow whether you are breastfeeding, bottle or formula feeding or when baby starts eating solids.

Breast milk contains many nutrients that help your baby grow strong and healthy.





Second-hand smoke and children

Protecting our children and families from second-hand smoke

- Have clear family rules about smoking (e.g. don't smoke near our children)
- Keep children and babies away from smoking areas
- Don't be shame to tell someone not to smoke around you
- Choose not to smoke in the house
- Have a designated smoking area away from the house
- Don't smoke in the car
- Use signs or stickers so family and friends know the appropriate place to smoke
- If you're a visitor ask where you can smoke
- Take extra care around our Elders, pregnant mothers and especially our children.

Second-hand smoke can cause health problems in babies and children, these include:

Sudden Unexpected Death in Infancy (SUDI)	risk of SUDI is doubled when children are exposed to second hand-smoke.
Asthma	smoking increases the risk of the development of asthma and can make the symptoms of asthma worse.
Middle ear disease	exposure to tobacco smoke can cause ear infections, acute and chronic middle ear disease, leading to temporary hearing loss or possible permanent damage.
Respiratory illness	increased risk of bronchiolitis, bronchitis, croup, and pneumonia.
Poor lung development	carbon monoxide in second-hand smoke stops the development of children's lungs. This can make allergy symptoms worse or increase the risk of respiratory illness.
Behavioural problems	smoking has been linked to increased risk of children having Attention Deficit Hyperactivity Disorder (ADHD) and other intellectual or behavioural problems.
Become adult smokers	children who live with smokers are more likely to become smokers themselves.

Second-hand smoke is dangerous for everyone, but especially for children.





Partner and family support

If you smoke it is crucial you don't smoke near pregnant women. If your pregnant family member is trying to give up smoking, they will appreciate your support and encouragement. Remember they are doing this for the baby.

Things you can do

- Think about quitting with her – Call the Quitline 13 78 48 for support
- Avoid smoking around your partner or any other pregnant family members
- Don't smoke in the house or car
- Smoke in designated outdoor areas away from doors and windows
- Encourage others not to smoke around your partner
- Don't be shame to tell someone not to smoke around you
- Give your partner lots of praise and encouragement.



Quitline 13 7848

or text 0477 765 007 for a callback

The following people can also offer quit support:

- Midwife or Obstetrician
- Doctor or GP
- Nurse
- Pharmacist
- Aboriginal Health Practitioner/Worker
- Tackling Indigenous Smoking Program Officer
- Family and friends



AHCWA

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