

Where can I get support to quit?

If you want to yarn about your smoking or are thinking about quitting, there is support available.

No More Ngamari

'No More Smokes' is a free culturally appropriate quit smoking program, providing support and free nicotine replacement therapy. Call Wheatbelt Aboriginal Health Service on 9690 2888.

Wheatbelt Quit Smoking Program

Free local support and advice. Aboriginal clients receive free nicotine replacement therapy. Call Wheatbelt Public Health Unit on 9690 1720.

Quitline

A private and confidential yarning service. Quitline Advisors will listen to your story and offer support and strategies to quit or cut down. Call Quitline on 13 78 48.

Health Professional

Yarn with your GP, midwife, pharmacist, community health worker, or Aboriginal Health Practitioner.

Quit For You – Quit For Two

Download the free app for support and encouragement to help you give up smoking in pregnancy.



Government of Western Australia
WA Country Health Service



Ngamari Free

Boodjari Yorgas and Smoking

Give bub the best start in life



This resource has been prepared by Ngamari Free (Smoke Free), the Wheatbelt Tackling Indigenous Smoking (TIS) Program.

TIS is a federally funded program working to reduce smoking among Aboriginal People.



Ngamari Free

We understand the Noongar language is traditionally a spoken language and have consulted the Noongar Dictionary, elders and a Noongar language expert. We respect the diversity of the Noongar language in our vast region and acknowledge the many different dialects and alternative spellings of ngamari, nymree and ngummarree.

Wheatbelt Aboriginal Health Service

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The painting used for graphical illustration in this document is by Bianca Wilder and graphic illustrations are the work of Patrick Bayly.

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Give bub the best start in life

Giving up smoking is best for you and for your baby

When you smoke baby smokes too.

Harmful chemicals enter your blood stream and are passed on to your baby through the umbilical cord.



Breastfeeding

Even if you are a smoker, breastfeeding is still best for baby. Try not to smoke before or during feeding.

Nicotine and other harmful chemicals are also passed to baby through breast milk.

Baby will get less nicotine and harmful chemicals if you smoke after you have breastfed.

What harm can smoking do to my baby?

Baby may:

- Be born too early and too small
- Have feeding problems
- Develop childhood cancers
- Get allergies
- Have bronchitis
- Develop weaker lungs, heart and brain
- Get sick a lot
- Develop asthma, high blood pressure, type 2 diabetes and obesity later on in life

What harm can smoking do to me?

- Miscarriage
- Pregnancy outside womb
- Birth complications
- Stillbirth



Smoking around your other children

Second hand smoke, also called passive smoke, is the smoke a smoker breathes out and also comes from the burning end of a cigarette.

It is very harmful for little ones because they are still developing and they also breathe much faster than adults.

Smoking around your baby and kids can cause:

- Sudden Infant Death Syndrome (SIDS)
- Asthma
- Ear infections and hearing loss
- Chest infections and pneumonia
- Weak lungs
- Colds and coughs
- Sore and watery eyes
- Them to take up smoking

Your baby and kids will be healthier growing up in a smoke-free home or travelling in a smoke-free car. **Make sure no one smokes around them.**

