



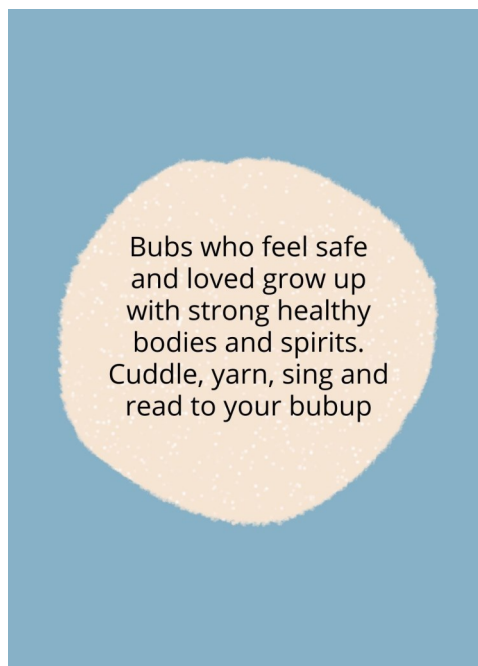
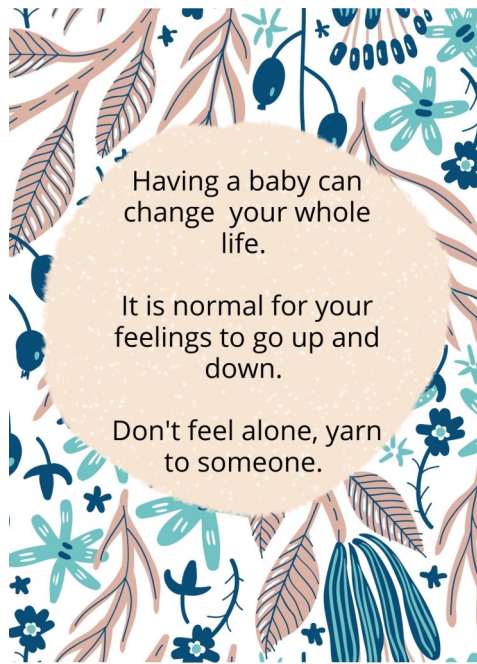
DDACL Tackling Indigenous Smoking

The Tackling Indigenous Smoking (TIS) program is funded by the Department of Health's Preventive Health Section (Indigenous Tobacco). It aims to improve the health of Aboriginal and Torres Strait Islander people by reducing the prevalence of tobacco use through population health promotion activities.

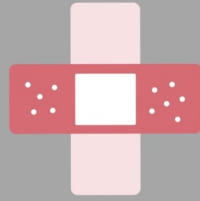
DDACL Koori Maternity Services

The Koori Maternity Service (KMS) program provides access to holistic, culturally appropriate care for Aboriginal women and their families during pregnancy.





6
WEEKS
OLD
today



Immunisation:
Bub has 1 drink and 2
needles at 6-8 weeks



Nicotine passes through
to the breastmilk so
make sure you only use
the nicotine lozenge and
gum after the breast
feed



8
WEEKS OLD
today

'Tummy time' means
giving your baby time on
their stomach while
they're awake and you're
there with them. Tummy
time is important, it helps
bub learn to crawl and
walk.

9 WEEKS OLD

today



Dealing with lack of sleep and looking after bub can be draining, make sure you are having good food and eating often

10 WEEKS OLD

today



Do you smoke within 30 minutes of waking up?

You could talk to your doctor about trying Nicotine Replacement Therapy (NRT) - nicotine patches, spray, gum etc to help manage cravings



11 WEEKS OLD

today

Exclusive breastfeeding is recommended for the first 6 months of life.

A mother can breastfeed for as long as she and her bubup wants to e.g. 2 years or more

1 MONTH OLD



Since 2010, in Victoria it is illegal to smoke in the car with anyone under 18, even if the windows are open, the roof is down or the car is turned off.



2 MONTHS OLD



Sit bubup on your lap and read to them. There are lots of Indigenous books you can get from the library. Bubup will learn that reading is 'feeling good' time

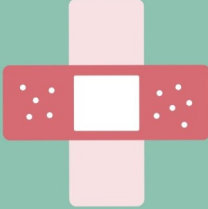


3 MONTHS OLD



Studies shows that children are less likely to smoke if their biggest role models – their parents/carers or close family – don't smoke





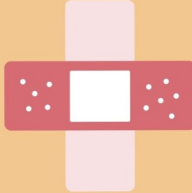
Immunisation:
Bub has 1 drink and 2
needles at 4 months



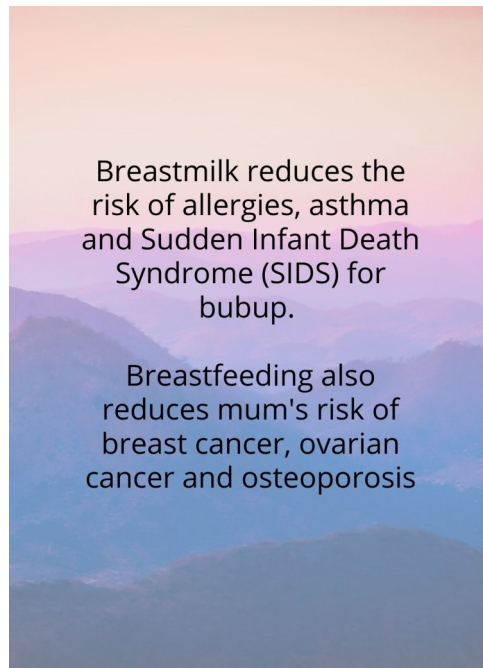
Call the Aboriginal
Quitline on 13 78 48 to
help you through your
quitting journey

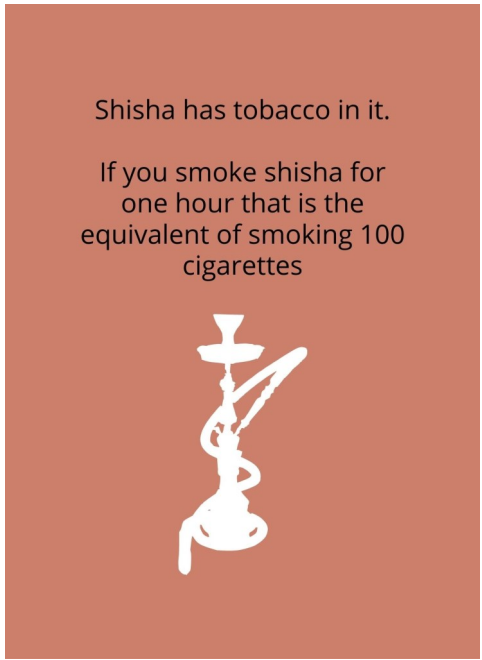
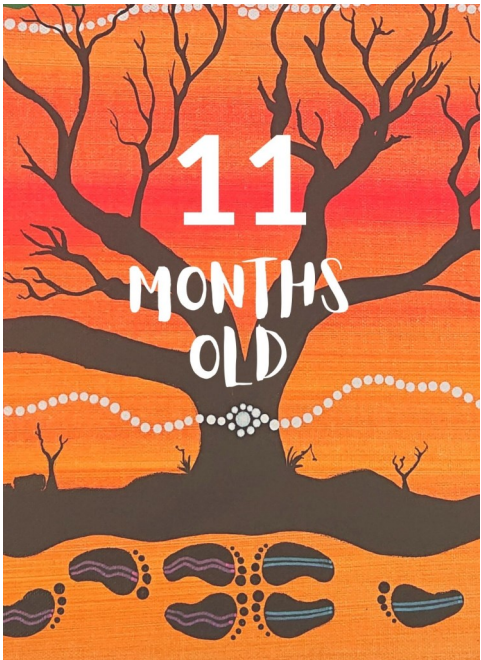


Quitline
13 7848



Immunisation:
Bub has 1-3 needles at
6 months







Smokers have to drink twice as much coffee to get the same hit from caffeine as non-smokers.

So when you quit smoking, halve your caffeine intake (coffee, coke, energy drinks etc).



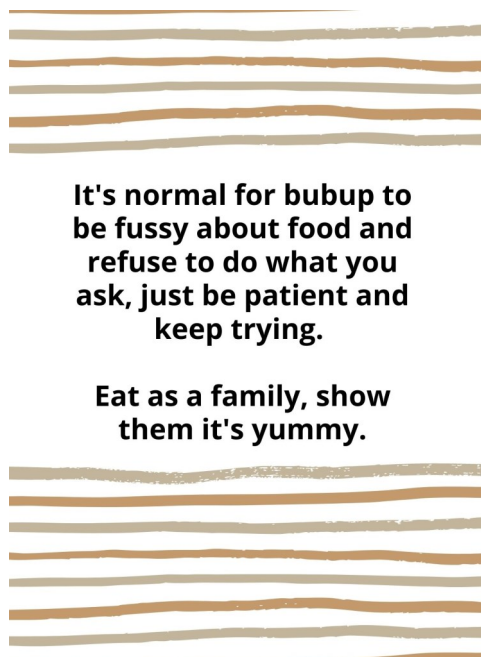
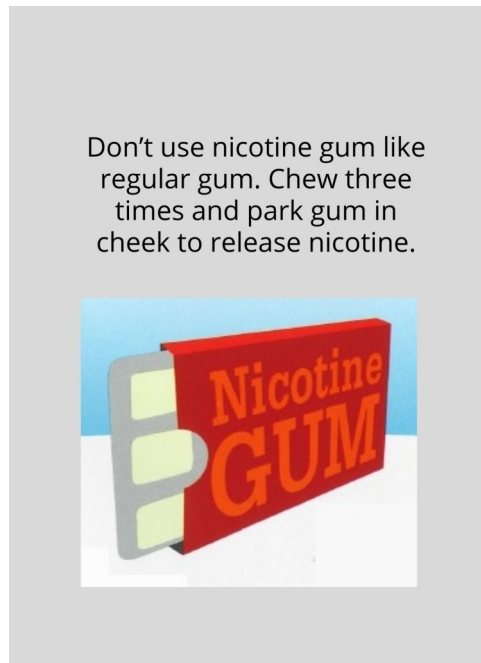
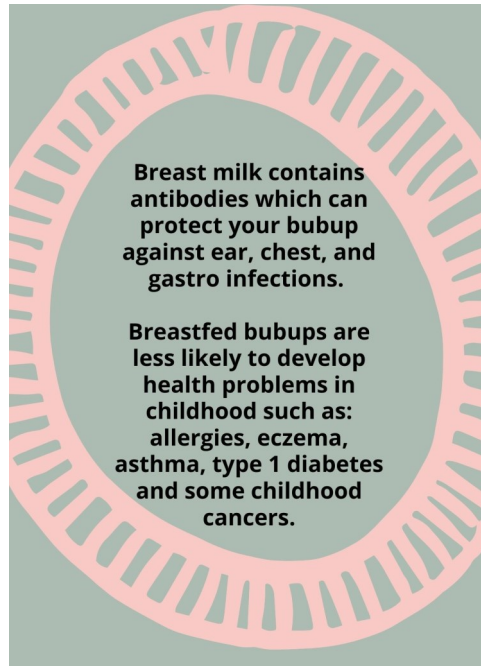
Bub who uses a bottle to go to sleep or for comfort could be at risk of rotten teeth.

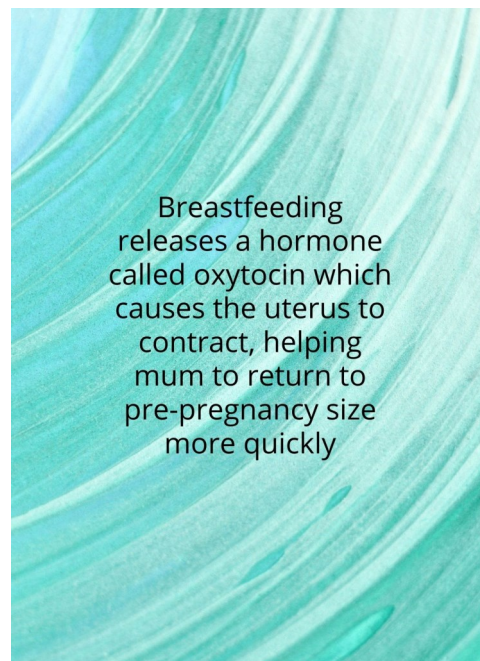
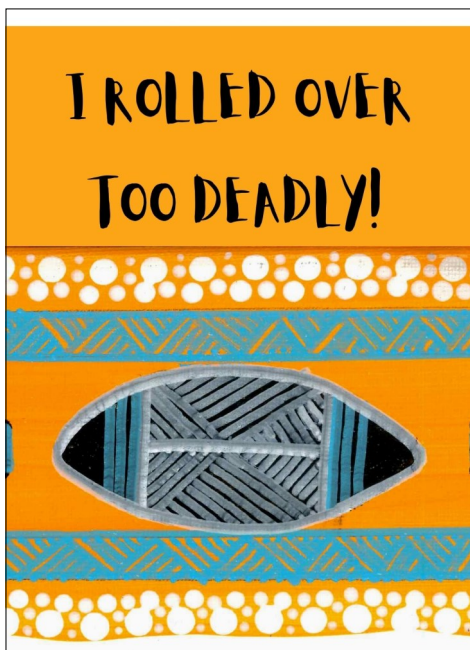
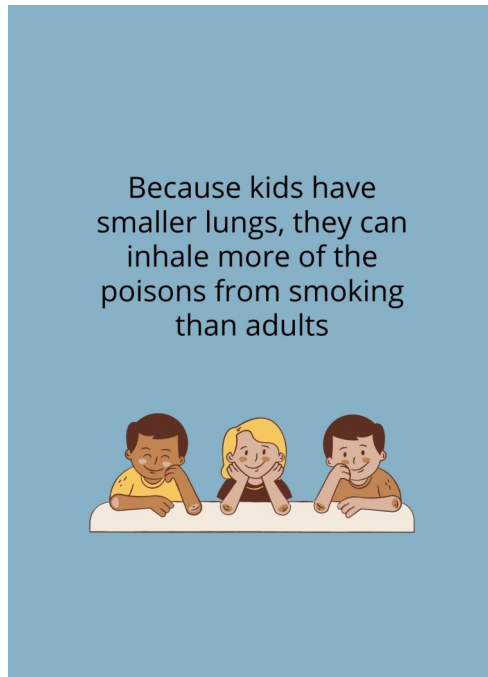
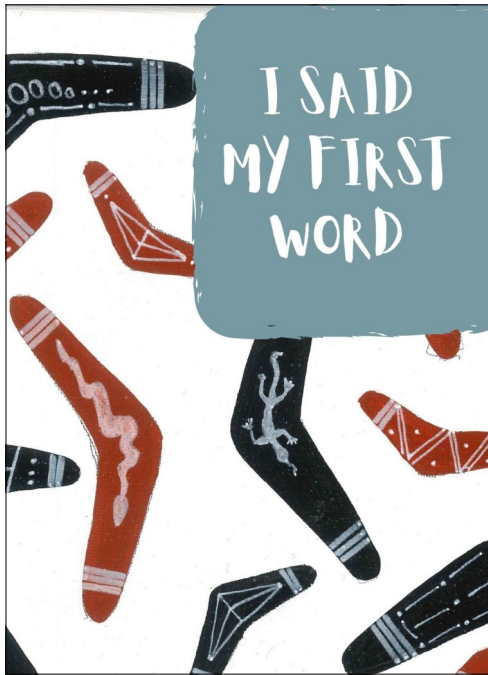
Get bub's teeth checked before their first birthday.

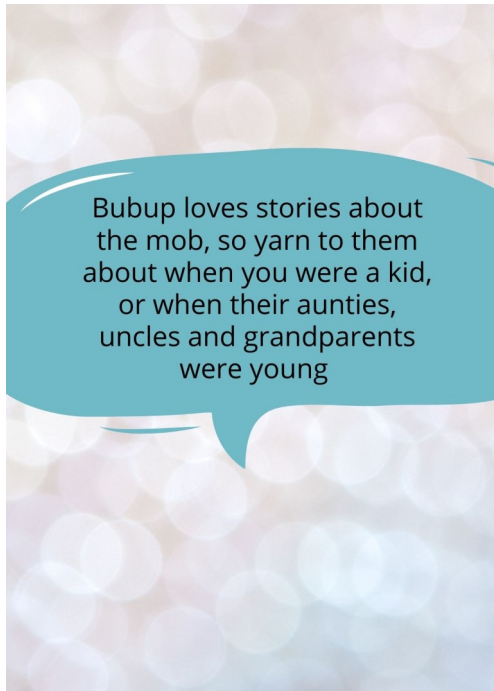
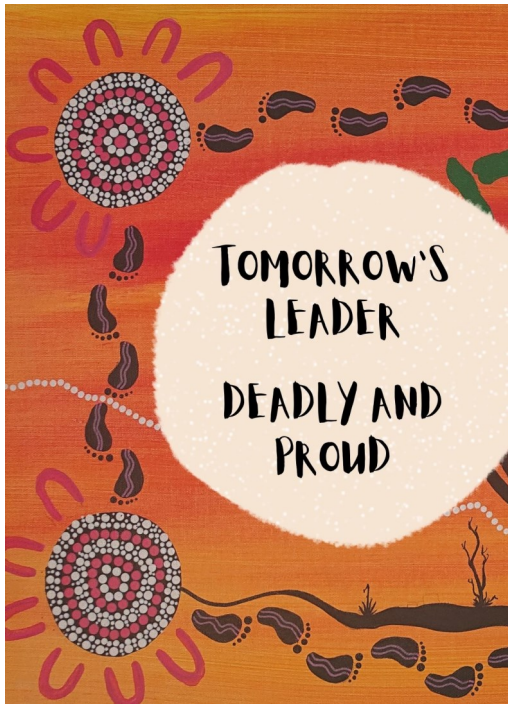


Third-hand smoke is when the poisons from smoking land on the smokers clothes, which babies can breathe in or suck on and ingest.

So take off your smoking jacket (or change your top), wash your hands and face before holding bubup







The cover has a light blue background with a white, brush-stroke-like border. The title 'BUBUP MILESTONE CARDS' is written in large, bold, black, hand-drawn capital letters. Below the title, the text reads: 'A project by Dandenong and District Aborigines Co-operative Ltd Koori Maternity Services and Tackling Indigenous Smoking Team'. Further down, it says: 'Artwork by Ian Harrison and Malcolm Wanganeen'. At the bottom, there are three logos: on the left, a red square logo for 'Tackling Indigenous Smoking Team'; in the center, a logo for 'DANDENONG & DISTRICT ABORIGINES CO-OPERATIVE LTD.' featuring a stylized bird and a shield; and on the right, a small square image of a tree.

The background is a light blue circle with a white, brush-stroke-like border. The text 'Keep up to date on the latest news, events and smoke-free tips' is written in a black, sans-serif font. Below this, there are two social media icons: a Facebook 'f' icon followed by the handle '@DDAUCTISTeam', and an Instagram camera icon followed by the handle '@tackling.indigenous.smoking'.