

TACKLING INDIGENOUS SMOKING

Pangula Mannamurna
Aboriginal Corporation
2011-2012

Smoking and Pregnancy

44% of Aboriginal and / Or Torres
Strait Islander women smoke
during pregnancy

**SMOKING DURING
PREGNANCY OR BEING
EXPOSED TO SOMEONE
ELSE'S SMOKE CAN
HARM YOUR BABY FOR
THE REST OF ITS LIFE.**

RISKS TO BABY AND MUM DUE TO SMOKING DURING PREGNANCY.

Small baby	Sudden Infant Death Syndrome (SIDS) risk increases	Increased risk of infections
Large and Early	Complications in or after birth	Miscarriage and stillbirth risks triple
Cleft lip	Altering and poor recovery for mum during and after birth	
Cleft /tooth		
Heart defects	Increased risk for Postnatal depression	

Babies are reliant on their mums for all their nutrition to help them grow, they need these nutrients from conception right through to after birth when breast feeding begins.

When a pregnant woman smokes or is exposed to second or third hand smoke baby is getting many chemicals that can affect their health and the health of mum.

A baby's movements decrease and become weaker in the first hour after a cigarette.

The impacts of smoking while pregnant don't disappear when they're born.

Mood disturbances, Attention Deficit/Hyperactivity Disorder, poor impulse control, learning difficulties, frequent ear infections, asthma and other illnesses and even some physical impairments are there for the remainder of their life.

Smoking while pregnant can also increase the risk of addictions later in their life.

“A person's a person,
no matter how small.”

— Dr. Seuss

Healthy pregnancy, healthy baby, healthy you!

- Quit smoking
- See your GP or midwife for access to NRT (patches, gums, lozenges etc.) these are safer than continuing to smoke
- Tell your friends and family you're quitting
- Get your partner in on the act too if you can
- Practice the 4Ds - Delay, drink water, distract yourself and practice deep breathing
- Call the Quitline on

137 848