

A message for partners/family/ whānau

You can help your partner or family member by supporting and encouraging her. Stop smoking together and make sure your home and car are smokefree.

“The more support my mum has, the easier it becomes for her to quit. The first six weeks after I am born can be a rough time for my mum, and she’ll need your help to stay Smokefree. Please don’t smoke around my mum and me. Kia Ora!”



Waitemata
District Health Board

Best Care for Everyone

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Smokefree Beginnings

Help to quit smoking



Congratulations on your first step!

If your baby could talk, he or she would thank you for choosing to quit, and making their life healthier and happier.

Tobacco smoke contains nicotine and around 4,000 other dangerous chemicals, including things like cyanide, carbon monoxide, ammonia, rat poison and lead.

When you smoke you deprive your baby of oxygen. This increases the chance of miscarriage, premature birth, low birth weight and sudden unexplained death in infancy (SUDI), sometimes called cot death. But if you quit smoking, your health and your baby's health will become stronger.

Help is at hand

You have already taken the first step and that is amazing and there are many things you can do to make this easier.

Get professional help

Get help from a professional stop smoking service. They can talk you through the steps and give you one to one support. Our smokefree pregnancy service offers free support with home visits, texts or email. Your LMC can refer you or you can refer yourself.

Call: 0508 784866 it's free

Email: help@quitnow.org.nz

Talk to your LMC

Talk to your LMC at each pregnancy visit; set yourself small goals each visit and report back on what has happened. Don't worry if you don't get it right straight away, many people don't, but just keep trying.

Try nicotine replacement (NRT)

If you find it hard to stop there are patches, gum or lozenges that can help with the craving for a cigarette. Although these contain nicotine they do not have all the other harmful chemicals, so are much safer than smoking. Your LMC can give you a prescription for subsidised NRT.

Talk to family and friends

Tell your family and ask them to support you to make a healthy start for your baby.

Set a goal to make your home and your car smokefree places.

Think about the money you are saving

Add up what you would normally spend on cigarettes and put it aside to spend on treats for you and your baby. You deserve it.

