



SMOKEFREE
ST HELENS AND KNOWSLEY

STOP SMOKING SUPPORT FOR PREGNANT WOMEN AND THEIR FAMILIES



**FREE
NRT****
like patches
or gum

** For eligible clients



ST HELENS WELLBEING

chcp


Knowsley Council


ST HELENS
BOROUGH COUNCIL


HALTON
BOROUGH COUNCIL

DID YOU KNOW...

STOPPING SMOKING IS THE BEST THING FOR YOUR BABY

THE HARMS OF SMOKING IN PREGNANCY

- Inhaling tobacco smoke reduces the amount of oxygen your baby gets and can cause serious problems with growth and development
- Continuing to smoke could lead to nicotine addiction for your baby and make them more likely to be unsettled
- Toxic chemicals damage your placenta and lower the supply of healthy blood to your baby

OPTIONS TO HELP YOU QUIT SMOKING DURING PREGNANCY



Support from friendly, experienced advisors

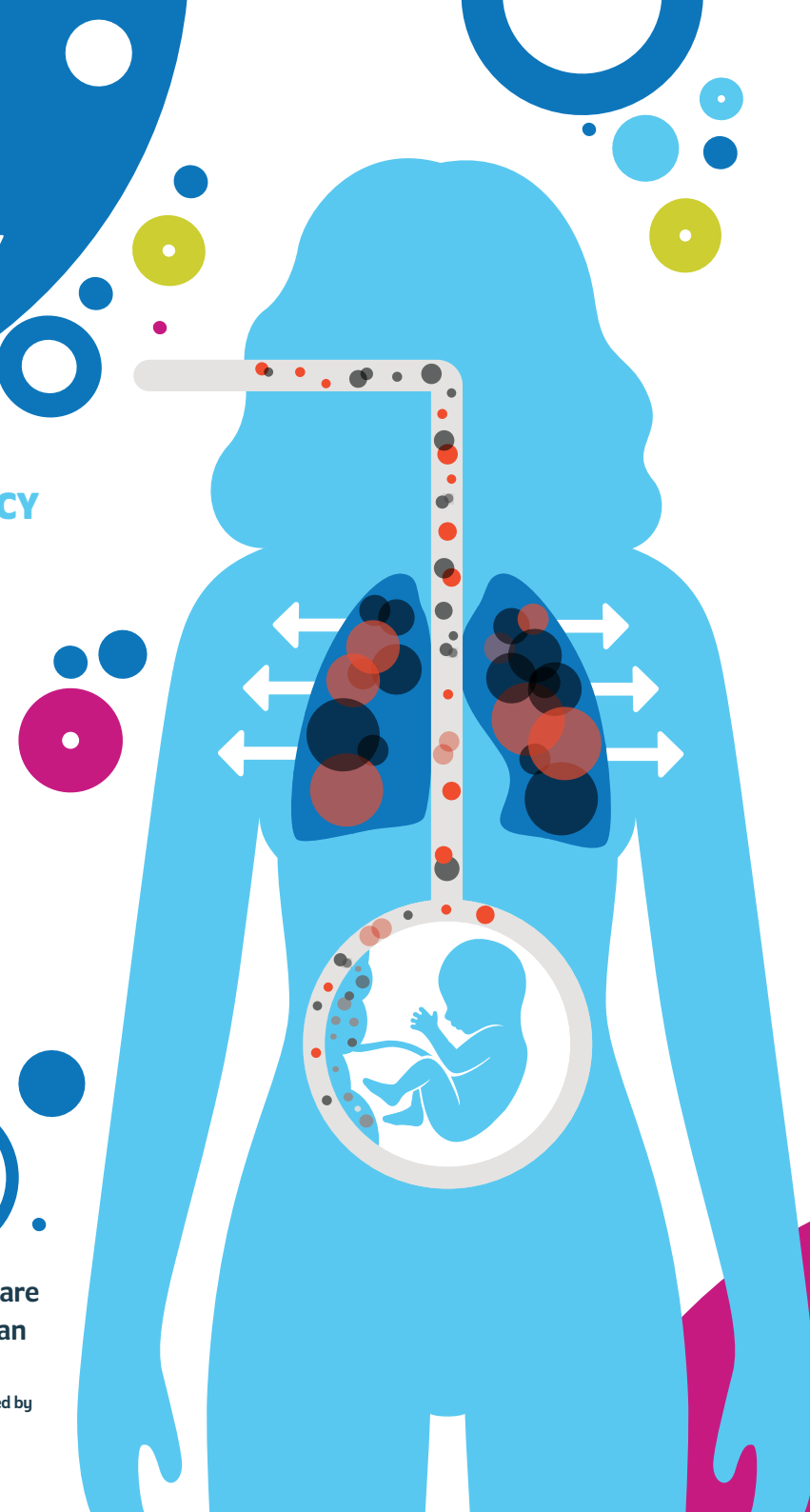


Nicotine Replacement Therapy (NRT)



*E-cigarettes are 95% safer than smoking

*not currently supplied by Smokefree



Quitting smoking is one of the best things you can do to increase your chance of having a healthy baby and safe delivery.

BENEFITS FOR YOUR BABY

Your baby is less likely to:

- Have a low birth weight (this does not mean an easier birth but instead potentially more risk of illness for your baby)
- Be at risk of cot death
- Suffer breathing problems, asthma, wheezing, glue ear or be hospitalised

BENEFITS FOR YOU

You are less likely to:

- Have a miscarriage or stillbirth
- Go into labour early
- Have complications at birth
- Have a sick or weak baby

There's a lot of help and support available to help you **QUIT**.

You don't have to go it alone, talk to your midwife or stop smoking service.



SMOKEFREE

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“As soon as my partner got pregnant we both knew that we needed to quit smoking. It wasn't easy but our specialist pregnancy advisor was brilliant and really understood what we were going through. We did it for the baby but feel so much better ourselves too.”

Our infant feeding team will also support you with any questions or help needed with feeding your baby, whether it is help with breastfeeding, bottle feeding or weaning your baby onto solids, just ask your advisor, ring or text us using any of the contact details below.



CATCH is a free NHS health app for parents and carers of children from pregnancy to age 5.

catch

Common Approach To Children's Health



KNOWSLEY

Call **0151 4267462**

Text **MUMMY to 61825***

Visit **smokefreeknowsley.org.uk**

*Normal network rates apply

ST HELENS

Call **01744 371 111**

Text **MUM2BE to 61825***

Visit **sthelenswellbeing.org.uk**

*Normal network rates apply

HALTON STOP SMOKING SERVICE

Call **0300 029 0029** Email **HIT@halton.gov.uk**

