

## After your baby is born

Your baby will be much healthier if you can stay a non-smoker after they are born. You've already proved to yourself that you can do it, so try not to go back.

Breastfeeding is really important to give your baby a healthy start. Staying quit after your baby is born means you should find it easier to produce milk for your baby. And your milk will be free from the nasty chemicals in cigarette smoke.

## Slipping up

If you've slipped up and had 'a few puffs', don't feel too bad. Think of all the cigarettes you haven't smoked and go back to your quit plan.

## Cutting down

You might think that if you just cut down the number of cigarettes you smoke, this will be better for your baby. But it doesn't work.

Your brain will still be addicted to the nicotine, so you will just suck harder and smoke more of each cigarette.

And you will breathe in just as much harmful smoke and chemicals.

## Your baby needs you to quit

If you would like some help with quitting, talk to your health worker, midwife or doctor. For the cost of a local call you can also get information and support from Quitline.

Call 13 7848 (13 QUIT)  
or go to [icanquit.com.au](http://icanquit.com.au)

### NSW Ministry of Health

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NSW Health



# Quit for new life

Staying smoke-free during pregnancy and beyond



## Congratulations!

If you're through the first four weeks, you've done the hardest part. Think about all these benefits:

- your breath and clothes won't smell of stale dirty smoke
- you'll have more energy so you can enjoy walking or exercise and won't get so breathless, cough or have a tight chest
- your sense of taste will have improved, and you can enjoy the flavour of food more
- you don't have to worry about being somewhere where you can't smoke
- you won't feel stressed about running out of smokes
- you'll have more money to help with your baby or to buy a treat for yourself or other children
- your risk of heart disease, stroke, cancer, high blood pressure and diabetes will improve
- your family will be proud of you for quitting.

## Your baby will thank you

Your baby has a much better chance of being born healthy because you've quit.

Now that you've proved to yourself that you can do it, your baby needs you to stay quit. The best way to stay a non-smoker is to take each day one at a time.

## How to deal with cravings

Even though your body is getting over being addicted, you'll still get cravings for a cigarette. But every week these will get less.

Some people find that it helps to think of a craving like a wave. When it seems really hard to resist you are already at the top of the wave. In a minute or two it will have passed.

Try one of these to take your mind off the craving:

- take a deep breath, hold it for a second and release slowly
- drink slow sips of water
- get up and walk around
- go though the alphabet – thinking of baby names for each letter.

