

SMOKING AND YOUR BABY

Advice for Parents

THREE GOOD REASONS TO QUIT

- ♥ **For your baby now** – reduced risk of sudden infant death (SIDS), chest infections, asthma and meningitis.
- ♥ **For your next pregnancy** – quit now and you'll have a much lower chance of miscarriage, stillbirth or having a premature or unwell baby.
- ♥ **For you** – more energy, fewer illnesses, more money in your pocket and reduced risk of long term illness like cancer, lung or heart disease.



FACT

Quitting smoking is the most effective way to protect your child from the harms of secondhand smoke.



FACT

Two babies die suddenly every week in the UK because their mothers smoked during pregnancy or because they were exposed to tobacco smoke after birth.



FACT

Every year, exposure to secondhand smoke is responsible for 9,500 hospital admissions among children aged 14 and under in the UK.



FACT

It's illegal to smoke in a private vehicle with someone under the age of 18.



FACT

There is lots of **support** available to help you quit.



FACT

Quitting smoking could save you around **£1600 a year**, based on 11 cigarettes per day.

Q Why is having a smokefree home important?

A. Over 80% of cigarette smoke is **invisible** and stays in the air for several hours after a cigarette has been put out. Quitting smoking **completely** is the best thing you can do for your baby. If you are unable to quit, smoking outside, away from the house, also **decreases the risk** that your baby could **die suddenly** or develop middle ear disease, chest infections or asthma.

Q Does it matter if other people in the family smoke?

A. You stand a better chance of quitting smoking and staying **smokefree** if your partner or family members also quit. If you are all successful your home will be free from cigarette smoke for your child. The children of non-smokers have fewer illnesses and they are **less likely** to become smokers themselves.

Q Can I get help to quit?

A. Yes. You are much more likely to quit successfully with the help of a trained stop smoking professional who can provide specialist support; **medicines** or **nicotine replacement (NRT)** products such as **gum, patches or spray** to help you deal with cravings; and advice about using **e-cigarettes (vapes)**.

Q Can't I just open my window?

A. No. Opening windows doesn't protect your baby from secondhand smoke, as it's invisible you won't know how much smoke is still in the room. If you need to smoke you should take at least **7 steps outside** to stop smoke drifting inside.

Q What if I'm not ready to quit completely?

A. Some people need to use other sources of nicotine to help them keep their home smokefree and/or as a complete replacement for smoking. You can use **NRT** or **e-cigarettes** to protect yourself and your baby from harmful cigarette smoke. There is currently **no evidence of harm** to those around you from exposure to e-cigarette vapour.

Support available to you at Whittington Maternity

Our **Maternity Tobacco Dependency Service** supports people to quit smoking during their pregnancy. We have a Specialist Advisor who offers support to help you make a change and successfully quit.

We offer weekly one-to-one appointments throughout your pregnancy, providing you with access to free Nicotine Replacement Therapy and advice.

Your Midwife will refer you to our service after your booking appointment, but if you want to get into contact with us yourself, please drop our Advisor Wendy, an email or give her a call.

Email: whh-tr.maternitytds@nhs.net Tel: 07425 418 448