

# Smoking

Quitting smoking is one of the most positive and rewarding achievements whether when pregnant or after you have had your baby. Giving up will help to improve the long term health of you and your baby. The key to giving up for good is to get support from your family, friends and professionals. You may have a specialist stop smoking service in your area that will be able to inform, advise and support you.

It is important that you do not share a bed with your baby if either parent is a smoker, even if you don't smoke in the bedroom.

Babies who are exposed to smoke before or after birth are at much greater risk of developing respiratory problems and infections. Second hand tobacco smoke is very harmful to you and your baby, it contains over 4,000 chemicals. Smoke can linger in the air for 2 to 3 hours after you've finished a cigarette, even with a window open.

For more information on quitting smoking ask your midwife, GP or pharmacy team or search NHS Smokefree.

You can also contact **Quit Squad** who will advise of services in your area:  
**0800 328 6297.**

**Over a third of SIDS deaths could be avoided if women didn't smoke during their pregnancy.**

**Keep your baby away from smoke in your home, car & while out and about.**



# E-Cigarettes

E-cigarettes aren't risk free, more research is needed over a longer period of time to know what the long-term effects may be but they are less harmful than smoking. If using an e-cigarette helps you stay smoke free, current research suggests it is safer for you and your baby than continuing to smoke.

Remember! Always keep e-cigarettes and e-liquids out of the reach of children to avoid accidental poisoning. Always use the correct charger. You can contact **Quit Squad** for more information on E-Cigarettes: **0800 328 6297** or your local pharmacy.