

Smokefree Families



Quitting smoking is the best thing you can do for the health of you and your family.

Now is the time to quit for good.

Smoking and pregnancy

When a pregnant person smokes or breathes in second-hand smoke, toxic chemicals from the smoke enters their blood stream and are passed on to the unborn baby.

When you quit, your body can start to get rid of these harmful chemicals immediately—which is good for you, your partner, and for your baby.

Breastfeeding

Breastfeeding gives your baby a good start in life. Breast milk contains a wide range of essential nutrients for your baby. It also helps to protect your baby against infection. If you continue to smoke while you breastfeed, toxic chemicals from tobacco are passed onto your baby through your breast milk.

Second-hand smoke is harmful to those around you who breath it in, including pregnant persons, babies and children.

Smoking around babies and children

Young children are very vulnerable to the harms of second-hand smoke because they have smaller and more delicate lungs than adults, and their immune system is still developing.

Stop the cycle of smoking with you.

Parents are role models for their children. If you set an example by not smoking it reduces the chance of your child taking up smoking in the future.

Make your home a smoke free zone will help you quit and reduce your baby and children's exposure to the dangers of tobacco smoke. If your partner smokes encourage them to consider quitting too.

Benefits of quitting smoking?

- Protecting your baby from the harms of smoking
- Giving your child/children a healthy start to life
- Be a good role model for your family
- Save money
- Feel healthier
- Have more energy
- Knowing you're keeping your family safe and healthy
- Reduced risk of an early death

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Where can I get support to quit?

Quitline (13 7848)

Quitline is available 7 days a week offering support, encouragement and resources to people who want to quit smoking.

The Queensland Quitline offers a free program which combines specialised support with 12-weeks supply of nicotine replacement products (posted to you).



This program is available to:

- Pregnant persons, persons planning to become pregnant, and their partner.
- Parents or primary carers of children aged 3 and under.

Nicotine replacement therapy (NRT) includes patches, gum, lozenges, and mouth spray. The aim of NRT products is to replace some of the nicotine from cigarettes without the harmful chemicals found in tobacco smoke, which reduces withdrawal symptoms, such as cravings and anxiety.

Non-nicotine medications are also effective in helping smokers to quit. These medications are available only on prescription. Your GP can help decide if they are suitable for you.

If you're interested in quitting or would just like some information, call Quitline 13 7848, or speak to your GP or health professional.

Other Resources

- Visit Quit HQ for more information on quitting smoking at www.qld.gov.au/quithq
- Download the '**MyQuitBuddy**' app on your smartphone. For further information visit www.quitnow.gov.au