

Get help and

quit for good

Stopping smoking isn't easy and you'll know how hard it is if you've tried to stop in the past. That's why there are loads of free support services to help you quit – from self-help tools, to local stop smoking services to help you give up either tobacco or e-cigarettes for good:

- Your partner, family and friends can support you – and quit with you.
- Sign up to 'NHS Smokefree' to get daily support from the app, as well as motivational texts and support via email.
- Visit your local pharmacy for free, convenient and confidential support. Some even offer vouchers for nicotine patches, gum and oral strips if you don't pay for prescriptions.
- If you live outside Liverpool, speak to your midwife to find out what support is available where you live.



'Me time' for mums-to-be

With face-to-face support you're more likely to quit for good.

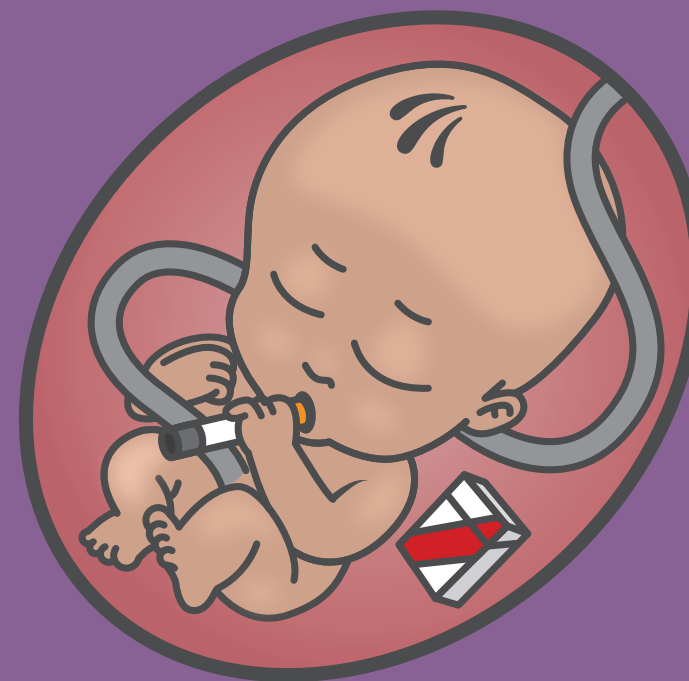
MeTime Club offers a range of support for mums-to-be including:

- Free support from a friendly, specialist advisor from the comfort of your own home, or one-to-one support across a range of locations
- Free nicotine replacement therapy products (such as patches, gums, inhalators) which will help manage cravings
- Fun and interactive sessions including relaxation, stress management and low-budget cookery classes



Liverpool
City Council

When mums-to-be smoke so do their babies



Baby Steps
Little changes make
a big difference

Help your baby be born healthy

For more information and support on how to stop smoking, speak to your midwife, GP or search online for 'Smokefree Liverpool'.

To find out more about MeTime pregnancy, call 07824 806 132 / 0151 374 2535/0800 061 4121 or visit www.smokefreeliverpool.co.uk

Quit for you, quit for two

Now is a really good time to stop smoking. As a mum-to-be, stopping smoking means you're doing the best for your baby. Not only that but you'll feel better, have more energy and save money all at the same time.

If you smoke when you're pregnant, you increase the risk of stillbirth, miscarriage and of your baby being born too early. Every cigarette you smoke sends harmful chemicals through the placenta to your baby – depriving them of oxygen and forcing their tiny heart to beat faster.

Smoking limits the oxygen your baby gets ♥

Benefits of going smoke-free:

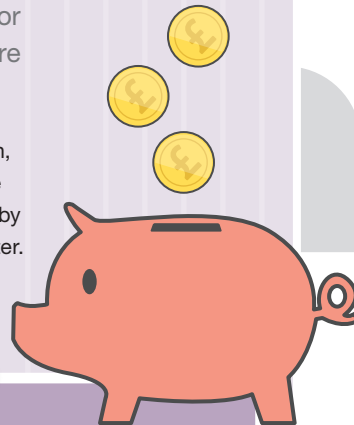
- Fewer complications for mums-to-be and the baby in pregnancy and labour
- You'll feel great knowing you're giving your baby the best start in life
- Money saved not buying cigarettes is a real bonus

Smoking puts your baby's health at risk:

- Increases the risk of stillbirth and miscarriage
- Can cause your baby to be born early
- Increased risk of your baby having asthma, as well as ear, nose and throat problems
- Increased risk of your baby developing behavioural difficulties, including attention and hyperactivity problems



Did you know? It's illegal to smoke in a vehicle with anyone under 18.



What would you like to know?

Q Is it okay for mums-to-be to use e-cigarettes?

A You might be using e-cigarettes instead of tobacco but it's important to know that medical experts still don't know if using e-cigarettes during pregnancy is safe. The safest choice is for mums-to-be to avoid using e-cigarettes altogether. Free help and support is available to help you quit e-cigarettes – this can include nicotine replacement therapies which are safe to use in pregnancy.

What if my partner smokes?

If your partner, or anyone else who lives with you, is a smoker then their smoke can affect you and your baby. Second-hand smoke can harm your baby's development and can even increase the risk of cot death.

Now is a great time to make a positive change and support each other to quit. It's not easy, but if you do it together it means you'll be twice as determined. There's free support available to help both of you stop smoking – so get help and quit together for good.

Q Doesn't the placenta filter the chemicals and cigarette smoke?

A No, the placenta doesn't filter out chemicals from cigarette smoke. Smoking damages your placenta which means your baby doesn't get the right amount of oxygen, and may affect their development.

Q Is it true that giving up smoking while you're pregnant is bad for the baby?

A There is no evidence that quitting smoking when pregnant harms your baby. In fact, it's one of the best things you can do for yourself and for your new arrival. As soon as you quit, the benefits are immediate. Your baby will get more oxygen and you'll reduce the risk of miscarriage, premature birth and other pregnancy complications.

Q I'm already a few months pregnant – is there any point in quitting now?

A Yes, it's never too late to stop smoking. As soon as you quit, your baby will feel the benefits. In just 48 hours of stopping, the harmful carbon monoxide will be out of both you, and your baby's, system.

