



Quitline 137848

Tobacco Free Pregnancy





QALT wishes to acknowledge the great diversity and resilience of Aboriginal groups from across Australia and the Torres Strait Islands.

The terms Aboriginal and Torres Strait Islander; and Indigenous; in describing the first Australians, are used interchangeably to maintain accuracy with respect to other preceding documents and initiatives, and the term Aboriginal, more broadly used here, should be taken to mean Aboriginal; Aboriginal and Torres Strait Islander and Indigenous peoples.



About this booklet

This booklet has been created to support, assist and educate Aboriginal people and communities. Whilst our target audience is pregnant women or women thinking of becoming pregnant, the Quitline Aboriginal Liaison Team (QALT) realises that quitting tobacco is a community issue.

This booklet serves as a guide only. Individuals, families and communities are strongly encouraged to seek further assistance and support from Quitline, your GP or health care worker.



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Introduction

Planning to have a baby or discovering you are pregnant is an exciting time. It is also a great opportunity to start to plan a healthier lifestyle for you and your family. Being healthier will make your pregnancy more enjoyable and give your baby the very best chance to be born healthy and strong.

One way of committing to a healthy lifestyle for you and your baby is not to smoke tobacco during pregnancy. Quitting will give baby the best start to a healthy life.



We know that this can be very hard.
So this booklet is designed to help you quit smoking.





Smoking and your baby

Each time you have a cigarette you are breathing in harmful gases and chemicals. These gases and chemicals also affect your unborn baby. Smoking during pregnancy is linked to complications for both mothers and babies.

The umbilical cord plays a vital role during your pregnancy. The blood that flows through this cord provides your baby with oxygen and essential nutrients that are needed for baby's growth.

When you smoke you reduce the amount of oxygen available. The nicotine in cigarettes increases your baby's heart rate and reduces the flow of blood through the umbilical cord to your baby.



What's in a cigarette?

Cigarettes and rolling tobacco are made from the leaves of tobacco plants. Once the leaves are dried they are treated with chemicals. Cigarette smoke contains over 4000 chemicals. Nearly 70 of these chemicals are known to cause cancer.



Everybody who breathes in cigarette smoke is being exposed to these chemicals, including your baby.

If you or members of your family are exposed to cigarette smoke, either by smoking or being near smokers, they may be breathing in the following:

- **tar**, a black, sticky substance that contains many poisonous chemicals such as: **ammonia** (found in floor and window cleaner), **toluene** (found in industrial solvents) and **acetone** (found in paint stripper and nail polish remover)
- **nicotine**, the addictive drug in tobacco
- **carbon monoxide**, a poisonous gas that reduces the amount of oxygen taken up by a person's red blood cells
- **hydrogen cyanide**, the poison used in gas chambers during World War II
- **metals**, including **lead**, **nickel**, **arsenic** (white ant poison) and **cadmium** (used in car batteries)
- **pesticides** such as **methoprene** (found in flea powder)
- **benzene** (found in petrol) and **naphthalene** (found in mothballs).



Why is it dangerous to smoke during pregnancy?

Smoking reduces the amount of oxygen in your bloodstream. This also means that baby's oxygen supply is decreased. Baby is also exposed to all the harmful gases and chemicals contained in cigarettes. This can lead to complications like –

- babies born prematurely (early)
- stillbirths (baby is not alive when born)
- lower birth weights
- underdeveloped organs including the lungs (a ventilator might be needed at birth or baby may need assistance breathing), heart (more prone to heart defects) and brain (increased chance your baby might have learning disabilities, behavioural problems)
- increased risk of Sudden Infant Death Syndrome (SIDS)
- long-term complications including asthma, high blood pressure, type 2 diabetes and increased risk of being obese in adulthood
- pregnancy emergencies in the mother including ectopic pregnancies (pregnancy outside the womb), miscarriages, placenta previa (the placenta blocks the cervix) and early rupture of membranes (waters breaking too early).



Benefits of stopping smoking in pregnancy

Stopping smoking and avoiding second hand smoke will benefit both you and your baby immediately. Harmful gases and chemicals will clear from your body and more oxygen will be available for you and your baby.

When you stop smoking you decrease your chances of having a complicated pregnancy or stillbirth. You can reduce the risk that your baby will be born early or underweight. This also reduces the possibility of additional breathing, feeding and health problems that premature babies sometimes face. The risk of cot death or SIDS (Sudden Infant Death Syndrome) also decreases.



Stopping smoking will also benefit your baby later in life. Children whose parents smoke are more likely to suffer from asthma and other more serious illnesses like diabetes, heart disease and obesity.

Stopping smoking is the best thing for you and your baby.



Good health news about quitting for you and your baby

Within

8 hours	Excess carbon monoxide is out of your blood
48 hours	Damaged nerve endings start to regrow
5 days	Most nicotine is out of your body
1 week	Your senses of taste and smell get better
4 weeks	Your blood flow is improving
3 months	Your lungs are working better
1 year	Your risk of heart disease has halved
5 years	Your risk of stroke has greatly reduced
10 years	Your risk of being diagnosed with lung, mouth, throat, oesophagus, or pancreas cancer has declined. So too is the risk of diabetes complications.
13 years	The risk of smoking induced tooth loss decreases
20 years	The risks of most major smoking related health harms have returned to the normal levels of a non-smoker



Other benefits from quitting smoking

- Save lots of money
- Be a healthier mum for your baby
- You don't smell of cigarette smoke
- Live longer
- Look younger – less wrinkles, yellow teeth or discoloured fingers
- Have more energy
- Be a good role model for other members of your family and community
- Make your family and children proud
- Feel good and proud of yourself



What is smoking costing you and your family?

Health

Babies born early, underweight, difficulties with breathing and feeding, increased risk of SIDS.

Cancers – lung, throat, mouth, tongue, nose, sinus, oesophagus, pancreas, stomach, kidney, bladder, ureter, cervix and bone marrow.

Heart disease, gum disease, respiratory diseases (shortness of breath, wheezing, coughing and asthma), eye disease, peripheral vascular disease.

Chronic lung disease (like bronchitis and emphysema).

Stroke, abdominal aortic aneurysm and stomach ulcer.

Less chance of falling pregnant.

Money

If you smoked 10 cigarettes per day and each packet contained 20 cigarettes and cost \$20 per pack, you will be paying **\$304 per month**.

That's \$3650 per year.

That's \$3650 you could be spending on yourself and your family. Perhaps on a holiday, car, new TV or mobile phone.

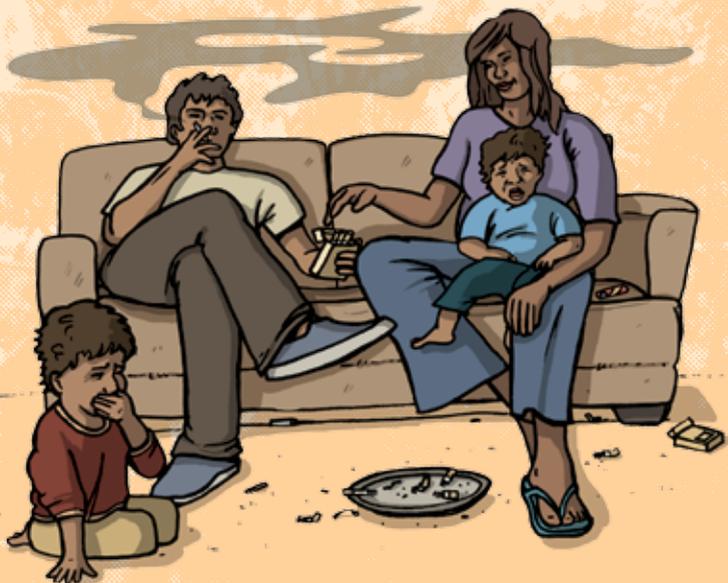
If there are ten people in your family who smoke at this rate, it is costing your family **\$36,500 per year**.

Find out how much smoking is costing you at:

<http://www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/online-calculator>



Second hand smoke



Exposure to smoke is very harmful for our children, and many of our children are born into or grow up in houses or travel in cars where people are smoking inside.



Second hand smoke and children

It is not only unborn babies who are affected by cigarette smoke but newborns and children too. Second hand smoke is dangerous for everyone but especially for children.

Second hand smoke is the smoke which people breathe out or smoke that comes off the end of a burning cigarette or rollie. It is also sometimes called *passive smoke*, *environmental smoke* or *side-stream smoke*.



Babies and children's lungs are very sensitive and they breathe at much faster rates than adults. This means that if they are exposed to cigarette smoke they are breathing in more chemicals, more often.

The risks of second hand smoke to children

Second hand smoke can cause various health issues in babies and children. Some of these can include:

- **Asthma** – smoking increases the symptoms of asthma and increases the risk of the development of asthma.
- **Middle ear disease** – exposure to tobacco smoke can cause ear infections, and acute and chronic middle ear disease, leading to temporary hearing loss or possible permanent damage.
- **Respiratory illness** – increased risk of bronchitis, croup, bronchiolitis and pneumonia.
- **Poor lung development** – the carbon monoxide in second hand smoke stops the development of children’s lungs. This can make allergy symptoms worse or increase the risk of respiratory illness.
- **Sudden Infant Death Syndrome (SIDS)** – the risk of SIDS is doubled when children are exposed to second hand smoke.
- **Become adult smokers** – children who live with smokers are more likely to become smokers themselves.
- **Behavioural problems** – smoking has been linked to increased risk of children having Attention Deficit Hyperactivity Disorder (ADHD) and other intellectual and behavioural problems.





Things you can do to protect yourself and children from second hand smoke

- Move away from people who are smoking
- Make a family plan with clear rules about smoking
- Don't smoke in the house or the car
- Have designated smoking areas outside and people are only allowed to smoke in those areas
- Keep children and babies away from people who are smoking and away from smoking areas
- Put up signs around your house and remind people about your house rules.



Smoking and breastfeeding

Breast milk contains many nutrients that help your baby grow strong and healthy. It is better if you do not smoke, but it is still good to breastfeed your baby if you are still a smoker.

Even if you cannot stop smoking, it is still better to breastfeed than formula feed.



Smoking and breastfeeding tips

There are some things you can do to help your baby.

- **Smoke after you have breastfed.** The longer the time between a cigarette and baby's feed the better. This ensures that your baby will be exposed to less nicotine in your breast milk.
- **Don't smoke in the house or car.** Try to keep your baby in a smoke-free environment as much as possible. Do not let your partner or other people smoke near your baby.
- **Ask questions and seek support.** If you are unsure about anything or want more information, ask your doctor, midwife or health care workers.

And remember the same tips apply whether you are breastfeeding, formula feeding or when baby starts eating solids.



Planning to quit whilst pregnant

Quitting can be difficult and especially hard whilst you are pregnant. But there are some things that you can do to help you quit.

Some people do not find it difficult to quit 'cold turkey'. But other people find quitting easier if they take a gradual approach and cut down the number of cigarettes they have each day. If you decide to use this gradual approach to quitting remember to set an end date for yourself. You will be more likely to successfully quit.

Having a plan can help you to see the benefits of quitting. Actually writing down the benefits for you and your baby can help keep you focused and motivated.

Remember there are many benefits to quitting including health, financial and social benefits.



This is My Quitting Plan

My main reason for quitting is

Benefits for me

Benefits for my bub

My main barriers are

My strategies are

My support people are

My plan is

My quit day is



Withdrawal

When you quit smoking you may experience some withdrawal symptoms. These symptoms can be quite unpleasant and can make quitting more difficult.

You can experience:

- Cravings to smoke
- Headaches
- Feeling hungry
- Mood swings
- Disrupted sleep
- Feel sick
- Anxious or stressed
- Having trouble concentrating
- Feel restless and 'lost'
- Have an upset stomach
- Coughing



Just remember that these withdrawal symptoms do pass but it can take between 10 to 30 days.

However, the health benefits for you and baby will be immediate.





Cravings

When you first quit smoking the first day can feel like a really long, exhausting day. This is because your body is craving nicotine. However, it helps to remember that cravings usually only last a few minutes, and will reduce over time.

It is important to keep things simple and distract yourself from the craving. The 5 Ds can be a useful way to manage a craving.



The 5 Deadly Ds

- **Delay** – try to wait 3 to 5 minutes before having a cigarette
- **Deep breathe** – take at least 10 deep, slow breaths
- **Drink water** – get a drink of water to help relieve the urge
- **Do something else** – try to find something to distract you
- **Dial Quitline 13 7848** – help is always on hand



Other things might include going for a walk, fishing, reading or drawing. For some people visualisation and meditation works well. Using the positive reasons why you are quitting (healthy you and healthy bub) as motivation can help keep you on track.



Quitting methods

There are many different quitting methods and as everyone is different, one approach does not work for all. It is important to choose one that you think will work for you.

- **Call Quitline on 13 7848** and get a Quit Pack
- Going cold turkey – this means you make the decision and give up smoking suddenly
- Gradual approach – this means you cut down the number of smokes you have each day, until you no longer smoke
- Using patches, gum or other Nicotine Replacement Therapy (NRT) – this means you use nicotine replacement products to slowly reduce your nicotine intake



If you are pregnant it is really important that you get medical assistance from a doctor, midwife or obstetrician (baby doctor). However, it is just as important to feel supported by your partner and family as well.



Partners: what can you do to help your partner?

If you smoke it is crucial that you don't smoke near your pregnant partner. Second hand smoke that she would breathe in can be dangerous to your baby.

If your pregnant partner is trying to give up smoking, it is important that you offer her lots of support and encouragement. Remember she is doing this for your whole family.



Things you can do:

- Try to quit with her
- Cut down your smoking and set a quit date
- Smoke in designated outdoor areas away from doors and windows
- Do not smoke in the house or car
- Try not to smoke around your partner
- Encourage other smokers not to smoke around your partner
- Give your partner lots of praise and encouragement

After your baby is born, do not smoke near your baby. This will help protect your baby from second hand smoke.



What other family members can do

There are many things that the whole family can do to help support a pregnant family member who is trying to quit.

- Offer lots of positive encouragement and support
- Talk about the benefits of quitting and how it will be great for the baby and mum
- Provide lots of healthy food and water in the house
- If you are a smoker, ask where it is ok to smoke outside
- Do not smoke inside the house or the car
- Follow any house rules regarding where you can smoke outside
- Do not smoke near babies or small children, walk away from them if they are playing close to you outside
- If you are a smoker and thinking about quitting, suggest that you quit together. Having a 'quit buddy' increases your chance of success.



Whole of family plan to support our mums, bubs and elders

Make your own family plan

<p>What we are going to do</p>	<p>Example</p> <p><i>We will keep our family safe from second hand smoke by making house and car rules</i></p>
<p>Why we are doing this</p>	<p>Example</p> <p><i>We want our family to have a strong healthy future and we understand that second hand smoke will damage their health</i></p>
<p>How we will do it</p>	<p>Example</p> <p><i>We will not smoke in the house or the car</i></p> <p><i>We will make an area outside where smokers can go</i></p> <p><i>We will keep kids away from that area</i></p> <p><i>We will put up signs so people know our rules</i></p>
<p>Who is responsible</p>	<p>Example</p> <p><i>We are all responsible</i></p> <p><i>We all agree to this house rule</i></p> <p><i>We will ask family and visitors to respect these rules</i></p> <p><i>Kids will stay away from the smoking area</i></p>
<p>When will we start</p>	<p>Example</p> <p><i>Set a date</i></p> <hr/>



If you want to give up tobacco, cut down and quit smoking call Quitline on 13 7848.

Quitline counsellors provide a free professional service. They will help you make a plan and provide ongoing support as you make the changes you want to make in your life.

 **Quitline 13 7848**

Or you can talk to your doctor, midwife, nurse, Aboriginal Health Worker, or chemist. There is a lot of help available to support you to make the change.





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All information in this booklet is correct at time of printing.

