



happy
healthy
mums
and
bubs



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More information:

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Your Story



- I have never smoked
- I do not smoke but other family members smoke
- My partner smokes
- We have family and friends who smoke when they visit us
- We live with family that smoke around us
- I smoke
- I smoked while I was pregnant with my other kids
- I quit smoking before I found out I was having a baby
- I quit smoking after I found out I was having a baby
- I am not smoking now but I found it really hard each day not to smoke
- I tried to stop smoking but I really want a smoke when I am stressed, on the phone or when I get together with family or friends
- I would really like to stop smoking but find it really hard



Do it for yourself, Do it for your baby,
Do it for our future.... make your
car and home a smoke free zone!

Kids need their mums. Too many of our mums are dying from diseases that are caused by smoking.

The choices you make when you are pregnant affect you and your baby. A healthy mum means a healthy baby.

Smoking when you are pregnant means that your baby is smoking too.

Quitting makes you a strong and healthy woman! It helps you look after your baby in a good way. Make the choice to ditch the smokes.

Did you know



- If you smoke when you are pregnant your baby smokes too. Even smoking around a pregnant mum can make the baby sickly.
- Babies of smokers and babies around smoke are more likely to get asthma and have breathing problems.
- Babies of smokers and babies who are around smoke are of a greater risk of cot death.
- Babies of smokers are not always little babies.
- Babies of smokers are born less healthy.
- Babies of smokers are often born too early.

IMPORTANT DATES TO REMEMBER

Trimester 1 (WEEK 1 - 12)

DATE	TIME	APPOINTMENT
		

keep the car & home a smoke free zone

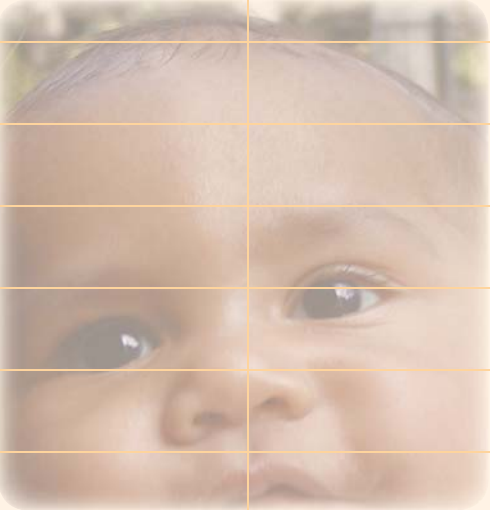
You're a strong & deadly woman give smoking the flick



- It takes a lot of courage and effort to give smoking the flick and stick with it.
- Your baby will be healthier and stronger because you have made the choice to give smoking the flick.
- Tell your mob to smoke outside away from babies and kids. Make a space outside where smokers can go.
- Make the Car and Home a smoke free zone.
- Say a strong "NO" to smoking in the car.

IMPORTANT DATES TO REMEMBER

Trimester 2 (WEEK 13 - 28)

DATE	TIME	APPOINTMENT
		

keep the car & home a smoke free zone

Take the first step

- Take the first step and make a strong choice to give smoking the flick for you and your baby.
- Carrying a baby in your belly is a good reason to quit.
- Pregnant or already a mum, it is never too late to quit.
- Every cigarette less is more healthy for you and your baby.
- Work out how much money you will save by cutting back and giving smokes the flick. Save up for something special.



IMPORTANT DATES TO REMEMBER

Trimester 3 (WEEK 29 - to birth of baby)

DATE	TIME	APPOINTMENT
		

Keep the Car & home a smoke free zone

Ditch the smokes Sista



- Have you heard about Nicotine Replacement Therapy or NRT? These are things like chewing gum, lozenges, inhalers and skin patches that can help you cut back and give smoking the flick. Talk to a health professional who will help you find which one is best for you.
 - If you have a partner who smokes it might feel harder to quit.
 - If your partner smokes, talk to them about trying NRT too.
- Hang in there! Stay strong and stay well.

Avoiding the smokes

You smoke more when you are stressed, at a get together with family and friends, after a feed or on the phone.

- Smoking, drugs and booze will hurt your baby.
- Say NO to booze and if you have it - yarndi too.
- Cut down on coffee and soft drinks.
- Chew sugar free gum instead of having a smoke.



You are giving your baby a great start to life, so do something nice for yourself.



Listening to my body

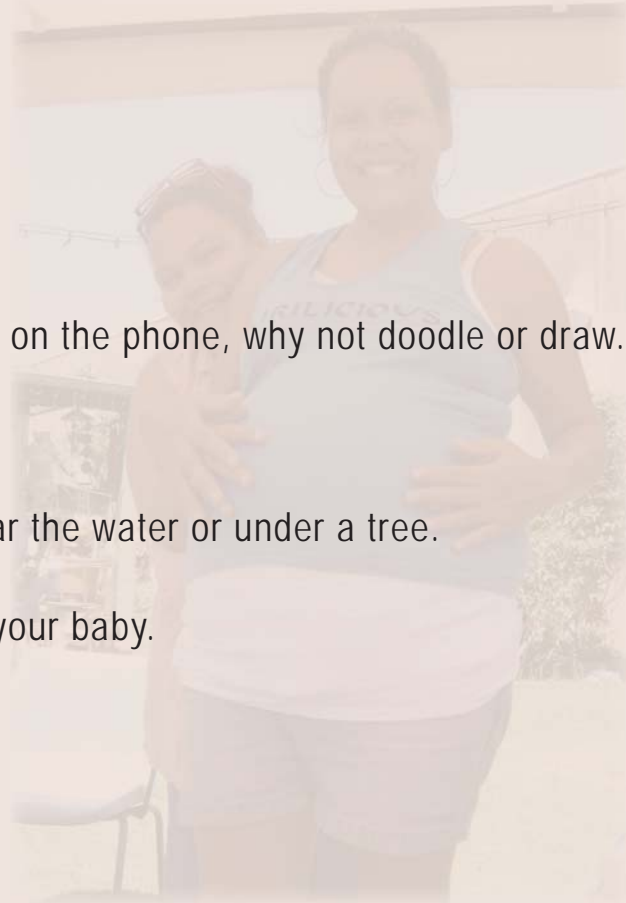
There will be things that you do each day or things that happen in your life that will make your body want to have a cigarette.

These are called triggers or cravings.

Listen to your body and learn what your triggers are. You can deal with cravings if you do some of these things

You could

- Rather than have a smoke when you are on the phone, why not doodle or draw.
- Eat an apple after a feed.
- If you are stressed, go for a walk, sit near the water or under a tree.
- Ask family or friends not to smoke near your baby.
- Ask friends not to give you smokes.
- Ring the Quitline for extra support.



Where to get help locally



It is much easier to stop smoking and stick with it when you have support. This can be from friends, family, or Aboriginal Maternal Infant Health Workers.

- Child & Family Health Nurse
- Aboriginal Health Workers
- Aboriginal Medical Service
- Aboriginal Family Workers
- Midwives
- Doctors
- Quitline 131 848



LOCAL CONTACTS

Share your story and information
in this book with family and friends
who might be trying to give up.

You might be the one who helps them
finally give smoking the flick too.



