



Your baby's health
is related to smoking



GOVERNMENT
OF SOUTH AUSTRALIA



BUTT OUT FOR BABY

Smoking can effect your baby's health during pregnancy by:

- Doubling the risk of having a low birth weight baby.¹
Low birth weight babies are more likely to be stressed during delivery, have health and development problems at birth and continue through childhood.
- Increasing the risk of preterm birth.² Premature babies are more likely to have breathing and feeding difficulties and other health and other developmental problems.
- Making it more likely that the baby will die at birth or shortly after birth.²
- Making it almost three (3) times more likely that the baby will die of Sudden Infant Death Syndrome (SIDS).¹

'My daughter had breathing problems and spent time in a special crib, because she needed oxygen and tube feeding. I couldn't hold her for a few days because she was too sick. It was 3 days before I could hold her, this was very hard.'

Quitting or reducing smoking can be difficult, for further information and support contact:

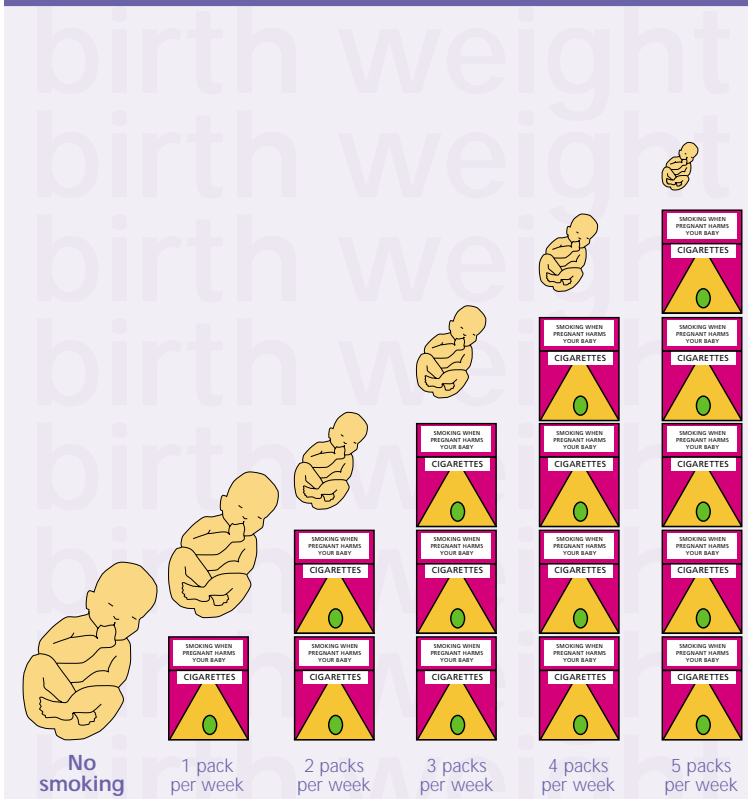
- Quitline 131 848
- Youth Healthline 1300 13 17 19
- Midwife, GP, Hospital
- Community Health Centre.

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1 Walsh R, Lowe J, Hopkins P (2001) Quitting smoking in pregnancy. Medical Journal of Australia. 175: 320-323.
2 McDermott L, Russell A, Dobson A (2002) National Tobacco Strategy 1999 to 2002-3 occasional paper. "Cigarette smoking among women in Australia" Commonwealth Department of Health and Ageing Canberra. February 2002.

BOY! OUT FOR BABY

Birth weight is related to smoking



Myth

*"There's nothing wrong with having a low birth weight
– it means a quicker and easier birth"*

"A smaller baby is more likely to become stressed during birth,
leading to a more complicated delivery"¹

Smaller Babies

On Average babies born to women who smoke weigh 250
grams less than babies born to women who don't smoke.²

Babies born with a lower than average birth weight, are more
likely to get sick from infections and other health problems.¹

Cutting down or Quitting

Reducing your smoking helps, both you and your baby.

But every cigarette you smoke restricts the flow of oxygen and
nutrients necessary for your baby's growth.

There is no safe level of smoking.¹

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information and support contact:**

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- Youth Healthline 1300 13 17 19
- Midwife, Doctor, Hospital. Community Health Centre

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1 'Smoking and Pregnancy' Text reproduced with permission of
Quit. The Victorian Smoking and Health Program, Australia.
2 McDermott L, Russell A, Dobson A (2002) National
Tobacco Strategy 1999 to 2002-3 occasional paper.
"Cigarette smoking among women in Australia"
Commonwealth Department of Health and Ageing
Canberra. February 2002.

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