



**Giving up smoking will benefit you and your baby as soon as you stop.**

**This means you are more likely to have a healthy baby.**

**When you stop smoking:**

- ✓ You are less likely to suffer from complications during pregnancy and birth
- ✓ Your baby is less likely to have a heart defect or low birthweight
- ✓ The risk of still birth is reduced
- ✓ The risk of cot death is reduced

Quitting smoking is the best thing you can do to protect yourself and give your baby a healthy start to life.

Second hand smoke is also harmful to your baby. If your partner smokes, they should think about quitting too, or ensure they always go outside to smoke.

[www.quitready.co.uk](http://www.quitready.co.uk)

**QuitReady**  
Leicestershire

# Quit smoking in pregnancy with an E-Cigarette

- ✓ E-Cigarettes do not contain carbon monoxide or many of the other harmful chemicals found in cigarettes
- ✓ E-Cigarettes are **95% safer** than cigarettes
- ✓ E-Cigarettes can help you to **Quit** smoking

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Talk to your Stop Smoking Advisor about giving up smoking with an E-Cigarette or nicotine replacement therapy.

They will be able to give you advice and support and provide you with a free E-Cigarette starter pack, and follow on nicotine liquids.

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**Stop smoking and give your baby a healthy start**

Text **'ready'** to 66777 or call **0345 646 66 66**

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Leicestershire

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"We wanted to make sure our child had a safe and healthy environment to grow up in. Quitting smoking also meant we could save money to spend on the baby."

Heather and Martin, Leicestershire

