

Supporting partners and families of pregnant women to stop smoking



Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life.

Stopping smoking can be difficult, but continuing to smoke will make it even harder for your pregnant partner to quit. Second-hand smoke puts mum and baby at risk of complications, such as birth defects and a low birth weight.

Read more about the risks on the NHS website. Visit www.nhs.uk/pregnancy/keeping-well/stop-smoking or scan the QR code on your mobile phone.



If you quit too, you'll be showing your support and putting your family's health first.

Walsall Healthcare NHS Trust's Specialist Stop Smoking Service offers behavioural support and nicotine replacement treatments (NRT) to help you make the long-term change.

Carol Shepherd, Specialist Stop Smoking Advisor:

"Although it's not easy to stop smoking, it's the single most important thing you can do to improve your health and your family's health. If you are healthy, you will be better equipped to handle all of the challenges of parenthood."

"When you smoke inside the house, everyone around you, including children and pets, inhale the tobacco smoke which contains poisonous gases, tar and over 4000 chemicals, 40 of which are known to cause cancer."

"If you smoke around your children, they can inhale the equivalent of 150 cigarettes per year. A smoke free home provides clean air for your whole family."

Access support by calling 01922 270477 or email walsall.pregnancysmokingreferrals@nhs.net

