

Together we can support you and your family in a smokefree pregnancy

You and your baby will see the benefits of quitting during and after pregnancy:



Healthier placenta to feed and protect baby

Baby's organs develop better

Baby born at the right time

Baby grows stronger

More oxygen to baby

Healthier pregnancy

Smoking in pregnancy harms in more ways than you think

By smoking, or being around smokers during pregnancy, your baby is at higher risk of:



Miscarriage

Stillbirth

Premature birth

Low birth weight

Lung and breathing problems for baby

Baby born with heart defects

Sudden infant death syndrome

Together we can support you and your family in a smokefree pregnancy. Talk to someone at **Jessop Wing** today or call **0114 226 5627**

www.smokefreesheffield.org



Smokefree
Sheffield



Quit Chart The First 30 Days

This 30 day quit chart will help you record your journey to becoming smokefree. After the first 30 days you and your baby will experience so many positive health changes from quitting and help you stay smokefree for good.

Take the first step today and mark off each day that you don't smoke. ✕

Tip:

You're **4 times more likely** to succeed using the stop smoking service and Nicotine Replacement Therapy.

If you're interested in swapping to an e-cigarette, have a conversation with your midwife.

Week 1

1 Your carbon monoxide and blood oxygen levels return to normal. Baby gets the oxygen they need.

2 Your sense of taste and smell improve.

3

4

5 Cravings reduce.

6

7 Your lungs will be getting better at removing mucus, tar and dust.

Week 2

8 The hardest part is over and you're now **9 times** more likely to successfully quit.

9

10

11 Keep going, you're doing great.

12

13

14 Symptoms of withdrawal are easing.

15

You're half way there. Well done!

Week 3

16 Your lung function has noticeably improved.

17

18 It's now easier for oxygen to pass through the placenta to baby as your blood flow has improved.

19

20 Your risk of heart attack is reduced.

21 Your circulation has substantially improved.

22

Week 4

23

24 You should have more energy.

25

26

28 Your circulatory system will begin to return to normal.

27

29

30 **Congratulations you've made it to 30 days smokefree!**

Don't stop the amazing work now, challenge yourself to stay smokefree for good. If you've relapsed at any stage or are struggling with withdrawal symptoms and cravings don't worry, Smokefree Sheffield and our partners are here to help.

Together we have helped over 150 families quit smoking in pregnancy.

Talk to someone at Jessop Wing today or call **0114 226 5627**.

Yorkshire Smokefree Sheffield:
0800 612 0011 FREE from landlines
0330 660 1166 FREE from most mobiles