

A large, light-colored silhouette of a pregnant woman is positioned on the right side of the page, set against a dark purple background. The silhouette is shown in profile, facing left, and highlights the contours of her body, including her pregnant belly.

**Mum to be?  
We can help  
you to quit  
smoking.**

**Stop Smoking Support  
for pregnant women  
and their families.**

**Quitting can be  
tough, but we are  
here throughout your  
pregnancy to help you  
find the best way to quit  
and give your baby the  
best start in life.**

**Quit for you. Quit for baby. Quit for good.**

# If you want to quit smoking, we can help.

We know how hard it is to quit smoking. But it can be even harder when you're pregnant. If you're a mum to be, the Halton Stop Smoking Service is here whenever you need it. We provide help and advice especially for pregnant women like you, to help you to quit. Read this leaflet to find out how smoking affects you and your baby, and how we can help you.

**If you smoke while you're pregnant, you're much more likely to have a stillbirth, premature birth or miscarriage.**

## How the Halton Stop Smoking Service can help:

- Get support especially for pregnant women in our area, and advice from a Stop Smoking Advisor who knows exactly how you're feeling.
- Choose support to suit you, whether that's a home visit, talking one-to-one, in a pair or in a group session with others.
- Ask about our free voucher scheme.
- It's usually fine to use Nicotine Replacement Therapy products while you're pregnant to help control the cravings. It may be free if you are eligible. We can discuss these options with you.
- You don't have to go it alone. Bring your partner, family members or friends. No childcare? Feel free to bring your children along with you.
- Get help with stress management from midwives and other mums who've managed to quit.

## Free Love 2 Shop Voucher Scheme

You will receive Love 2 Shop Vouchers as a reward to help and encourage you to quit smoking during pregnancy and if you stay smoke free.



At your first appointment with your friendly stop smoking advisor you will receive a £20 Love to Shop voucher. And once you have set a quit date and have stopped smoking you will receive further vouchers each week for the first 4 weeks. This is to help keep you motivated and recognition for all the hard work you are putting in.

Carry on not smoking and you will then receive vouchers each month right up until your baby is 8 weeks old!

**“The Love to Shop vouchers were great, as it gave me a bit of extra money to treat myself and buy things for the new baby”**  
(New Mum from Runcorn)

Ask your midwife for more information and give quitting a go!

## Now is the ideal time to quit



**Your baby will feel the benefits instantly.**  
It's never too late for quitting to make a difference.



**An alcohol free pregnancy is best.**  
This is when many people find themselves reaching for a cigarette. So take advantage while you can!



**Having a baby is expensive.**  
So if you give up smoking you'll free up some valuable cash to spend on the pair of you. And our voucher scheme can give your pre-baby finances a much needed boost!

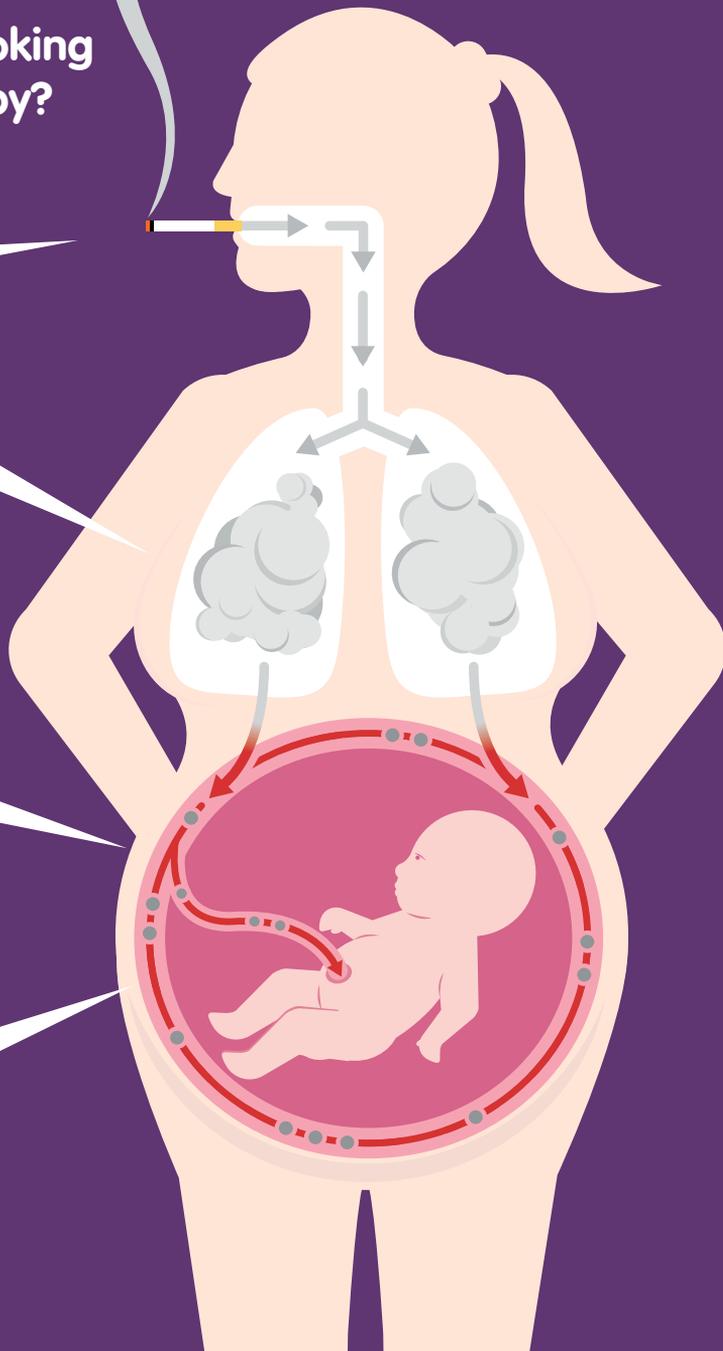
# How does smoking harm your baby?

1. You take a drag on a cigarette...

2. Smoke fills your lungs...

3. Poisonous chemicals from the smoke are absorbed into your blood...

4. Your baby absorbs these toxic chemicals, damaging their heart, lungs and general growth....



Call 0300 029 0029

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