

# Quitting

## What's in it for me?

- Your **health will improve** and you will have more energy to keep up with your kids.
- You will stop or **reduce the many damaging effects** of smoking that lead to cancer, heart disease, emphysema and other illnesses.
- People who smoke are **3 times more likely to die in middle age** than someone who has never smoked. When you quit, you're more likely to **be there** as your kids grow up.
- You will have **more money**. If you smoke 20 cigarettes a day, you will save around \$13,000 in a year.
- You will **set a great example to your kids** and reduce the chance they will take up smoking later on.
- **In men**, smoking causes problems with getting or maintaining an erection, due to its effects on the blood vessels of the penis. **Smoking can also damage sperm**. Quitting smoking as soon as possible can help prevent these problems.

## For advice or practical help

The Quitline is a confidential telephone information and advice service. For the usual cost of a call from your phone, Quit Counsellors provide encouragement and support to help smokers quit.

 **Quitline 13 7848**

**Go online:**  
[makesmokinghistory.org.au](http://makesmokinghistory.org.au)

Make Smoking History's website has a range of information that you can read, interact with and download.

**QuitCoach:** [www.quitcoach.org.au](http://www.quitcoach.org.au)

The QuitCoach is a web-based computer program that asks you questions and helps you quit by giving free personal advice tailored to your needs.

**The Quit For You – Quit For Two app**

The Quit for you – Quit for two App provides support and encouragement to help you give up smoking if you are currently or are planning to become pregnant.

**My QuitBuddy app**

The My QuitBuddy App tracks your quitting progress, such as days smoke free, cigarettes avoided, health gained and dollars saved.



# Smoking and parenthood: advice for parents

Partner:



Department of Health



MAKE SMOKING  
**HISTORY** 

# We all know tobacco smoke is **dangerous** for a **pregnant woman and her child.**

If you smoke around your pregnant partner, she will be breathing it in. **This is called secondhand smoke.**



## Why is secondhand smoke so dangerous for babies?

A pregnant woman provides all the food a baby needs during her pregnancy. Everything she eats, drinks and breathes, including tobacco smoke, affects her and the baby.

The more time a pregnant woman spends with someone who is smoking, the more smoke she inhales. Toxins from the smoke pass through her lungs into her bloodstream and through the umbilical cord to the baby. The baby is not protected from smoke in the mother's womb.

Smoking around a pregnant woman may affect the baby's growth and reduce the baby's birthweight. After birth, smoking around a baby can cause ear or chest infections and breathing difficulties.

## What can I do?

First of all, think about quitting – for yourself and your family. Reading this brochure is a good start. When you're ready, there is help available.


If you don't feel ready to quit, you can still help to protect your baby by not smoking inside your home or car, before and after the birth. It is important not to smoke around your partner while she is pregnant, or near your baby, even when outside.

## What if my partner smokes too?

If your partner smokes and is pregnant you should encourage her to quit. You can have a big influence on her. It's important that she quits smoking for herself and the baby.

If you smoke, it will make it harder for her to quit. The best thing you can do for her, yourself and your baby is to quit too. If you're not ready, always smoke outside and don't leave your cigarettes where she can easily come across them. Give your partner the best chance to succeed.

Quitting can be tough. Take it a day at a time. Let your partner know how you feel about their smoking but try not to force each other to quit. Help each other with praise and small rewards when you succeed at your goals. Our friendly Quit counsellors (13 7848) are trained to listen carefully and provide practical advice just for you. We have helped many people with the stress of quitting and to find ways to relax and bond without using cigarettes.

A photograph of a pregnant woman with long brown hair, wearing a purple top, sitting in a green chair. She is looking towards the camera with a slight smile.

**If you smoke it will make it harder for your partner to quit, so you may want to support her by giving up too.**