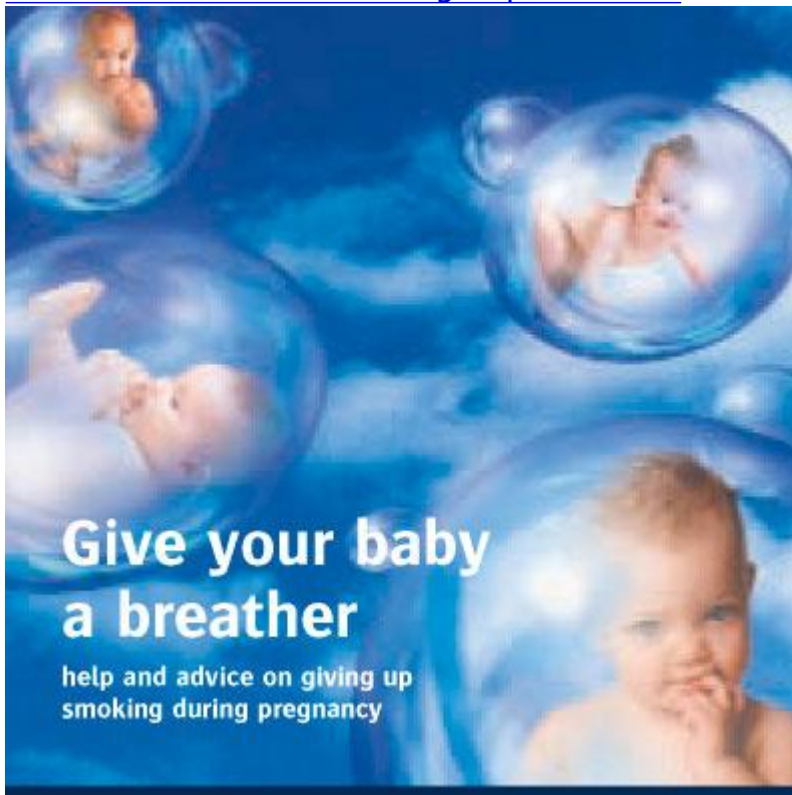


Tuesday, 29 October 2024

[Health and Social Wellbeing Improvement](#)



This resource explains why smoking while pregnant is harmful for both mother and baby, highlights the health effects of passive smoking after birth and provides advice to help women stop smoking, including information about nicotine replacement therapy (NRT).

## Details

Format

20 page 12cm x 12cm booklet

Target group

Pregnant smokers

## Downloads

**Attachment**

**Size**

[Give your baby a breather booklet 10\\_24.pdf](#) 1.19 MB

## Tags

- [smoke](#)
- [smoking](#)
- [baby](#)
- [quit](#)
- [stop](#)
- [cigarette](#)
- [birth](#)
- [mother](#)
- [parent](#)
- [pregnancy](#)

[Print](#)