



Smoking and pregnancy

All future parents want their baby to be **strong** and **healthy**.

When a baby is on the way, it gives you the perfect opportunity to re-examine your habits and consider healthier lifestyle with the health and wellbeing of your baby in mind. When you quit smoking during your pregnancy, it increases the likelihood that your baby will be strong and healthy. It will also decrease the likelihood that your baby will be underweight or born prematurely. The blood flow to your baby during pregnancy will be better, and it is more likely that breastfeeding after birth will go well. Children whose parents do not smoke are less likely to develop allergies, asthma and respiratory infections and are in general more tranquil, meaning their parents get better sleep and rest.

Many people must try to quit more than once before they are successfully able to stop smoking. Think of what a good effect quitting will have for you and your child. Don't hesitate to seek assistance.

Experience shows that pregnant women are more successful in quitting if they get support in doing so. It is a joint project for expectant parents to quit smoking during pregnancy. Nicotine replacement therapy (using nicotine gum or patches) is a possible option for expectant mothers who find it difficult to quit smoking, but it is important to seek the advice of a midwife or doctor beforehand.

There are over 4000 substances found in cigarettes, many of them cancer-causing. These can all easily make their way to a foetus through the placenta. Unborn babies are not only affected by tobacco smoke if their mothers smoke – they are also affected by any tobacco smoke their mothers inhale from the environment. It is important that expectant mothers avoid smoky environments and that others show her the courtesy to refrain from smoking in her presence.

Who should I go to for advice, information and assistance?

Midwives in prenatal care at health care centres across the country

Nurses in paediatric care at health care centres

Doctors in paediatric care at health care centres

Miðstöð mæðraverndar: 5851400

The Smoke-Free Line, over-the-phone assistance for those who want to quit smoking:
800-6030

The Icelandic Cancer Society (Krabbameinsfélagið): 540-1900

Lýðheilsustöð: 5800-900

Lyf og heilsa pharmacies

Websites in Icelandic with information on support in quitting smoking:

www.lydheilsustod.is

www.8006030.is

www.reyklaus.is

www.ljosmodir.is

Websites in English

www.givingupsmoking.co.uk

www.smokefreefamilies.org