

Whāea—when
you are
pregnant
and
smoke
(or breathe in
other people's
smoke) the
smoke passes
through the
whenua
(placenta)
which feeds
me

**Mehemea e pai ana te
whenua e pai hoki
ngā hua**

If the land is well,
the fruit will be
good too

If the placenta is
smokefree,

the baby has a
better start

Not smoking
means a
healthier baby



**Ē te whānau awhi
Mai**

My baby will be
Māori
and
smokefree

**Smoking can cause a
miscarriage
or stop me from
growing and
make me smaller and
weaker.**

**Keeping me
smokefree
helps prevent
cot death
(SIDS)
and stops
me getting
sick with
coughs,
asthma
and ear
problems.**

**Smoking
can cause
breathing problems
for me.**

**Smoking can let
harmful
chemicals get
into my blood.**

