



E te whānau
awhi Mai

My baby is
Māori and
will be **smokefree**

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

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

Smoking can let harmful chemicals get into my blood.

Smoking can cause breathing problems for me.

WHĀ

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

MANAU

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,
your baby has a better start.
Not smoking means a healthier baby.

For advice and support, talk to your health professional,
call the Quitline 0800 778 778 or visit www.quit.org.nz

This resource is available from www.healthed.govt.nz
or the Authorised Provider at your local DHB. Revised September 2012.
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