Smoking can devastate your family.

If you smoke during and after pregnancy, your baby is three times more likely to die from cot death¹.

For more information, or to get the confidential help and advice you need to quit, speak to your midwife, call your local Stop Smoking Service on freephone 0800 531 6317 or for details of your nearest advisor, text smokefree and your postcode to 80800.

Because life’s better Smokefree.