When you smoke, your baby smokes.

If you choose to smoke, your baby can’t say no.

Smoking during pregnancy risks your baby’s health.

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.