

“If you’re pregnant and trying to stop smoking, **there’s so much help out there.** You can do everything from your own home and get support over the phone. **It’s all free,** it’s been so easy.”

Sarah, Nottingham



love  
bump 



“When I first met with my Stop Smoking Advisor, **I thought I was going to be shouted at** - because everyone knows smoking is bad. But that didn’t happen. She was **so down to earth**, just a normal person trying to support women to **stop smoking and have healthier babies.**”

Sarah, Nottingham



love  
bump 





“Since I gave up smoking, I feel so much happier and healthier. I have **more money** to spend on my family and preparing for the new baby. **It makes a big difference.**”

Sarah, Nottingham



You are **three times** more likely to quit smoking if you have support from your partner or family.

love  
bump 



# Take the **first step** to a smokefree pregnancy.



**Speak to  
your midwife.**



love  
bump 