

WHĀNAU

Māmā – 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, your pēpi has a better start.
Not smoking means a healthier pēpi.

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

This resource is available from healthed.govt.nz or your local health district, August 2023
Code HE8035



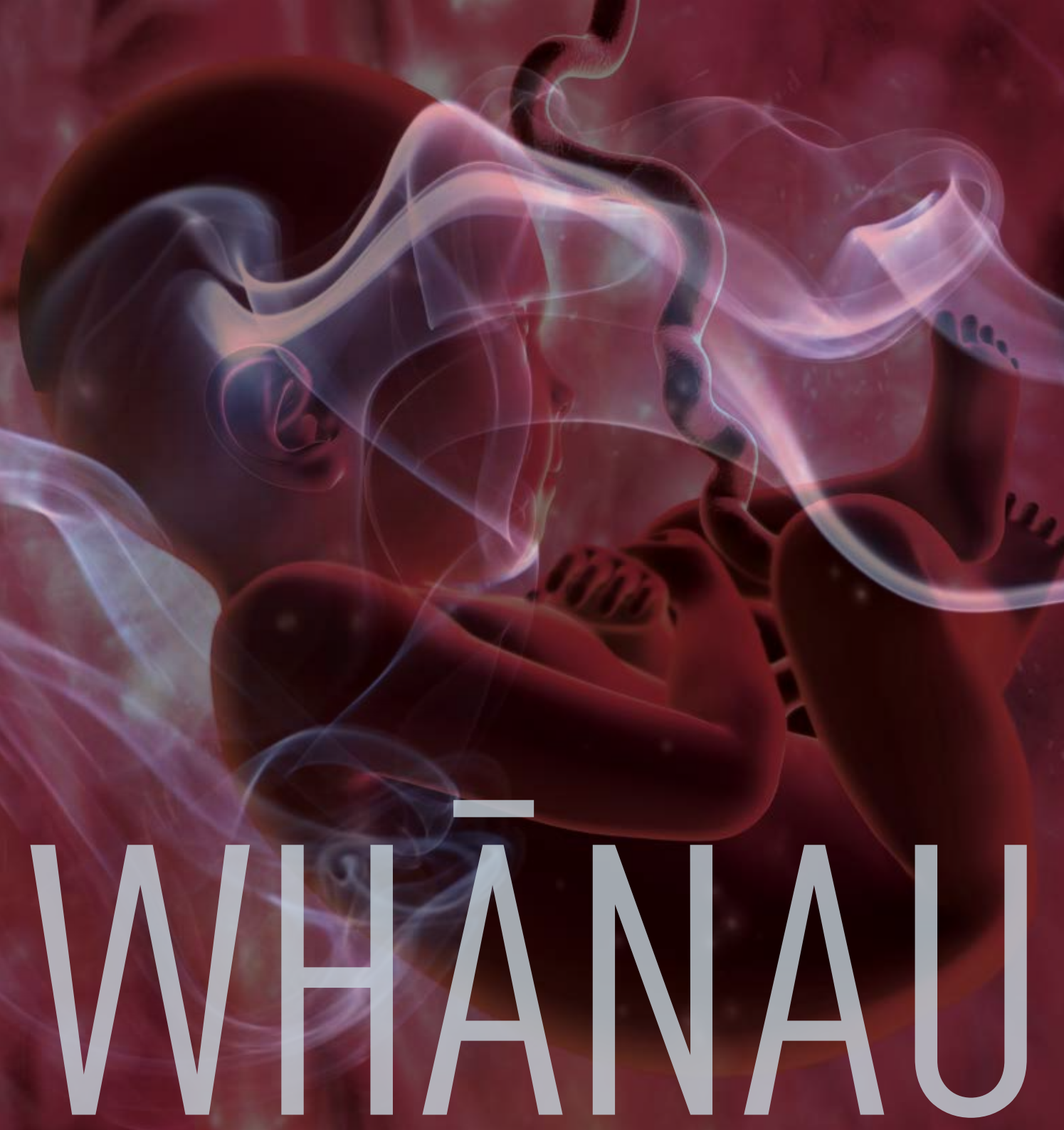
Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand



E te whānau
awhi mai

My pēpi 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.

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