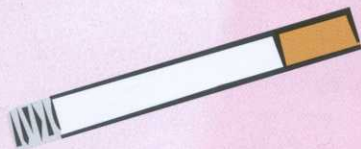


Start
stopping
now

*with a
trained
'buddy'*

Telephone us on
01355 576 040

This service
can help you
become
smoke free
during your
pregnancy



CLASP Cross Lanarkshire Action on Smoking in Pregnancy

PREGNANCY IMAGE BY KIND PERMISSION OF SMOKING CONCERNS

NHS
Lanarkshire

Start stopping now

We can help you become smoke-free during your pregnancy

- with help from a trained volunteer 'buddy'
- at a time and place to suit you
- a friendly listening ear
- confidentiality assured

For you

- Healthier pregnancy
- Healthier heart and lungs
- More money for you and your baby

At any time

in your pregnancy, stopping smoking will be good for you and for your baby.

To get started on stopping – telephone us:

01355 576 040

Or contact your Smoking Cessation Co-ordinator, GP, Midwife, Health Visitor or Practice Nurse.

For your baby

- Reduce the risks of cot death
- Better growth
- Less risk of chest complaints such as asthma
- Fewer ear infections
- Improved brain development

a smoke-free family

