



NEGSEUON ALLWEDDOL

- Rhoi'r gorau i ysmegu yw'r peth gorau y gall person beichiog ei wneud ar gyfer ei ieuchyd ei hun ac ieuchyd ei fabi.
- Mae Helpa Fi i Stopio i fy Mabi yn wasanaeth rhoi'r gorau i ysmegu **hyblyg** ac **anfeirniadol** gan Weithwyr Cymorth Mamolaeth wedi'u **hyfforddi**.
- Mae cymorth ar gael i bobl feichiog sy'n ysmegu ar **unrhyw adeg** yn ystod neu ar ôl eu beichiogrwydd.

EICH RÔL

- Dylid monitro lefelau Carbon Monocsid (CO) pob person beichiog ym mhob apwyntiad cyn geni, uned asesu dydd (DAU), uned beichiogrwydd cynnar (EPU) neu dderbyniad ar gyfer geni.
- Dylid cofnodi statws ysmegu yn y nodiadau mamolaeth yn ystod pob cyswllt.
- Siaradwch â phobl feichiog am risgiau ysmegu a manteision rhoi'r gorau iddi:

MANTEISION RHOI'R GORAU IDDI

MANTEISION AR UNWAITH I'R BABI

MAE'R BABI YN CAEL Y MAETHOLION SYDD EU HANGEN ARNO I DYFU A DATBLYGU

YN FWY TEBYGOL O GAEL BEICHOGRWYDD IACHACH A BABI IACHACH

LLAI O RISG O FARW-ENEDIGAETH A SYNDROM MARWOLAETH SYDYN BABANOD (MARWOLAETH YN Y CRUD)

YN LLAI TEBYGOL O GAEL GENEDIGAETH GYNAMSEROL

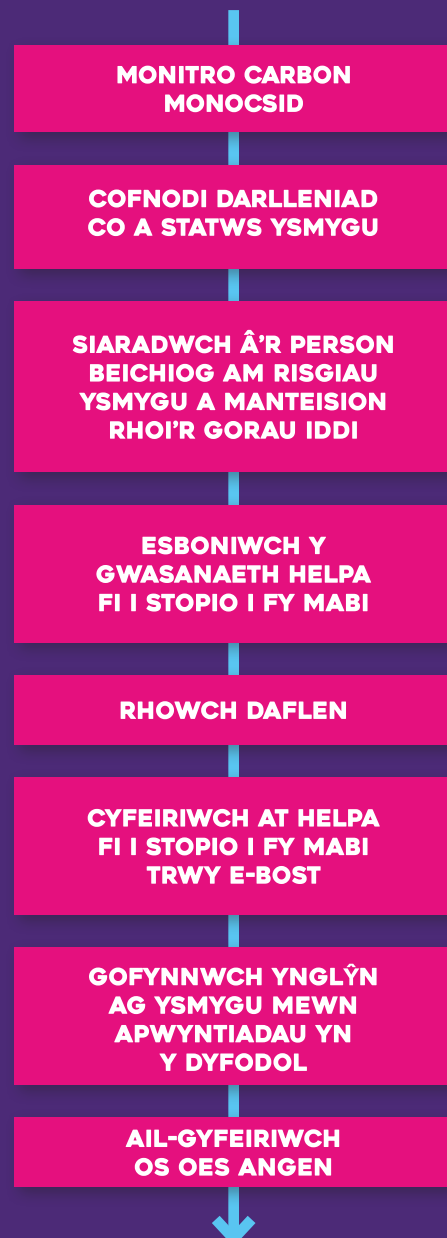
Y BABI'N FWY TEBYGOL O FOD YN BWYSAU GENI IACH AC WEDI DATBLYGU'N LLAWN

RISG IS O ADHD

ARBED ARIAN



- Siaradwch â'r person beichiog am y gwasanaeth Helpa Fi i Stopio i fy Mabi. Rhwch y daflen iddyn nhw a'u cyfeirio at y wefan
- Cyfeiriwch y person beichiog at Helpa Fi i Stopio i fy Mabi drwy e-bostio **CTM_MAMSS_REFERRALS@WALES.NHS.UK**
- Gofynnwch ynglŷn ag ysmegu mewn apwyntiadau yn y dyfodol ac ail-gyfeiriwch at Helpa Fi i Stopio i fy Mabi os oes angen. Cofnodwch yr holl drafodaethau am ysmegu yn y nodiadau mamolaeth.



Os oes gennych chi unrhyw gwestiynau am y gwasanaeth, cysylltwch â'r Fydwaig Arbenigol Iechyd y Cyhoedd Sharon Webber (Sharon.webber@wales.nhs.uk – 07468 707646).



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



KEY MESSAGES

- **Quitting smoking** is the best thing that a pregnant person can do for their health and the health of their baby.
- Help Me Quit for Baby is a **flexible** and **non-judgemental** stop smoking service delivered by **trained** Maternity Support Workers.
- Help is available for pregnant people who smoke at **any time** during or after their pregnancy.

YOUR ROLE

1. All pregnant people should have their Carbon Monoxide (CO) levels monitored at every antenatal appointment, DAU, EPU or labour admission.
2. Smoking status should be recorded at every contact in the maternity notes. During or after their pregnancy.
3. Talk to pregnant people about the risks of smoking and benefits of quitting:

BENEFITS OF QUITTING

IMMEDIATE BENEFITS FOR BABY

BABY GETS THE NUTRIENTS IT NEEDS TO GROW AND DEVELOP

MORE LIKELY TO HAVE A HEALTHIER PREGNANCY AND A HEALTHIER BABY

REDUCED RISK OF STILLBIRTH AND SUDDEN INFANT DEATH SYNDROME (COT DEATH)

LESS LIKELY TO HAVE A PREMATURE BIRTH

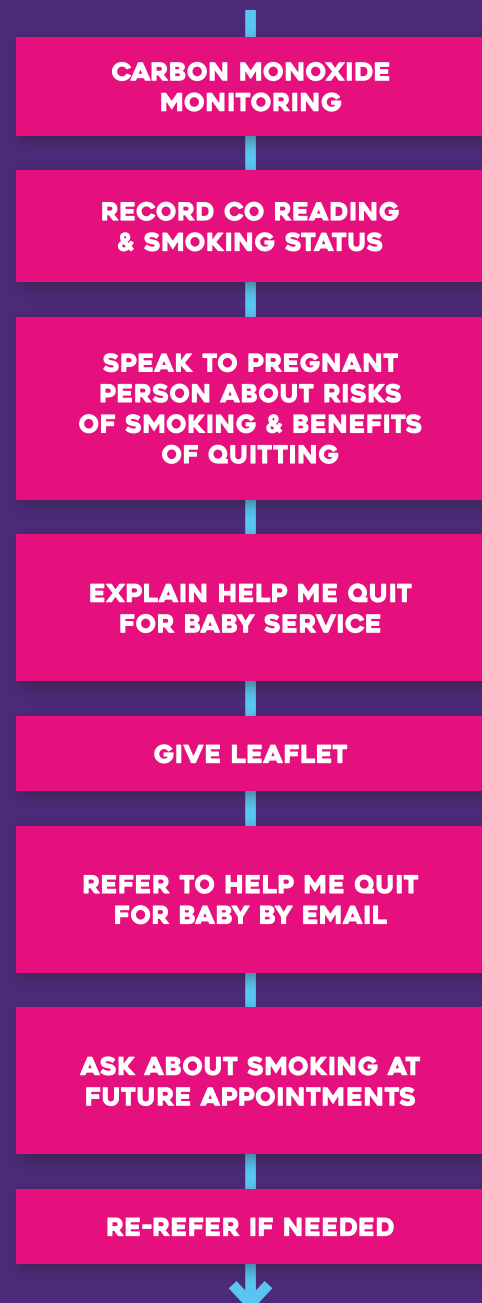
MORE LIKELY TO HAVE A HEALTHY BIRTH WEIGHT AND FULLY DEVELOPED BABY

LOWER RISK OF ADHD

SAVING MONEY



4. Talk to the pregnant person about the Help Me Quit for Baby service. Give them the leaflet and direct them to the website.
5. Refer the pregnant person to Help Me Quit for Baby by e-mailing:
CTM_MAMSS_REFERRALS@WALES.NHS.UK
6. Ask about smoking at future appointments and re-refer to Help Me Quit for Baby if needed. Record all discussions about smoking in the maternity notes.



If you have any questions about the service, please contact Public Health Specialist Midwife Sharon Webber (Sharon.webber@wales.nhs.uk – 07468 707646).



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board