

For partners and family members

- If you smoke gunja near someone else they can breathe in the smoke. Don't smoke gunja near pregnant women, babies and children.
- Do not let babies and children see you smoke gunja. Keep it away from the home.
- The best thing you can do to help pregnant women quit is to quit too.
- It is best for babies to be with people who are not stoned.
- Do not sleep with a baby in the bed if you are stoned – you can roll on top of baby and hurt them.



Could it be?
the **GUNJA**?

What about gunja when you are having a baby?



Gunja isn't our culture, it harms our spirit



Information for pregnant women and their families.



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Gunja can affect babies

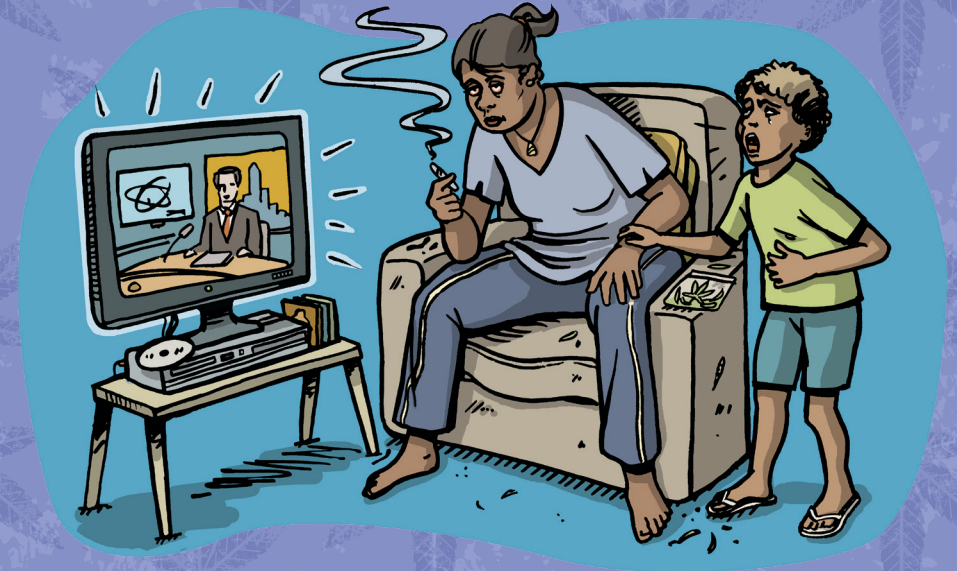
Just like grog (alcohol) and cigarettes, if you use gunja while you are pregnant, it goes through the blood to your baby.

If you use gunja while you are breastfeeding, gunja goes through the milk to your baby.

Smoking gunja when pregnant can mean:

- baby gets less oxygen and goodness from the mother
- baby is born too soon
- baby can't breathe properly and might get asthma and chest infections
- when the baby grows they can't learn things easily.

If you smoke gunja and cigarettes when you are pregnant, the risk of losing your baby to miscarriage and stillbirth is greater.



Other effects of gunja on family

Gunja affects how people feel and how they act with family. This affects the whole family, including babies.

If parents and family use gunja when they are growing up babies, it can make it hard to have good relationships.

Spending family money on gunja is not good.

**All mothers want happy and healthy babies.
The best thing you can do for your baby
is give up the gunja.**