



Niitty Project 2018–2020

<https://projects.tuni.fi/niitty/>

www.facebook.com/niittyhanke/

Project Manager Irmeli Nieminen. E-mail: irmeli.nieminen@tuni.fi
Specialist Anna Aikasalo. E-mail: anna.aikasalo@tuni.fi
Specialist Jasmin Kaljadin. E-mail: jasmin.kaljadin@tampere.fi

Sources and further information:

Finnish Institute for Health and Welfare (THL). 2013. Äitiysneuvolaopas. Suosituksia äitiysneuvolatoimintaan. Opas 29.

Photographs: www.pixabay.com

Niitty – Developing a Peer-based Family
Training Model for Immigrants

INTOXICANTS DURING PREGNANCY AND BREASTFEEDING

Päihteet raskaus- ja imetysaikana



CIGARETTES & WATERPIPE

- Smoking cigarettes or a waterpipe during pregnancy and breastfeeding is not recommended.
- Whenever there is a pregnant woman, a baby or children in a room, no one should smoke cigarettes or a waterpipe indoors.
- Tobacco and waterpipe smoke takes time to leave indoor air and is toxic.
- The herbal mixtures used in waterpipes are also harmful to health.
- Cannabis has a harmful effect on the development of an unborn child.



ALCOHOL AND OTHER INTOXICANTS

- All alcoholic drinks are harmful to the foetus throughout the pregnancy.
- Alcohol can cause the foetus permanent damage.
- No intoxicants or anodynes should be taken during pregnancy, because they have an impact on the foetus's development and health.



If you use any substance that you find difficult to stop using, please don't hesitate to contact your maternity clinic.

The maternity clinic staff can help you to get the support and treatment you need, which will make the baby healthier and help him or her to develop normally in your womb.

