Please tell our parents ...

What pēpi might say if pēpi could talk from inside their very first home - the womb or kōpū

Please tell our parents about nicotine in pregnancy and how it affects us here in our very fist home. Don't just tell them they should quit because this could make them turn away and we could miss out. We know our parents want to protect us so please take time to explain why nicotine is not good in pregnancy, and support them to keep it away from us in here.



Please tell our parents that oxygen means life for us. Nicotine in smokes and vapes slows the flow of oxygen to us. We don't get as much as nicotine-free babies. We have to do our best with what we get, but all our vital organs and systems are affected especially our brains.

Please tell our parents that this is how smoking can weaken us. It can weaken our reflexes that protect our breathing. It can weaken our chances of being healthy. If we are short of oxygen as we develop in here, we can never be as strong as nicotine-free babies.

Please tell our parents that nicotine in smokes and vapes takes oxygen from the placenta or whēnua too. It has to work harder for us and we may be borne early and small which is a sign of our risk. This is not good for us.

Please tell our parents that if we are borne before we are ready, it will be a struggle for us. We may look cute being tiny and in incubators. And they may feel safe with all the doctors and nurses and big machines looking after us. But it is a hard start for us, so please tell our parents that we want to be a bonny bouncy nicotine-free pēpi.

Please tell our parents that nicotine crosses the whēnua and reaches us. It stays inside the water bag that is supposed to protect us. We have to swallow that nicotine. They may not know that nicotine prefers us to our mothers. It is more concentrated around us.

Please tell our parents that you will support them to make us strong. We need them for everything when we are new and we know that they will do their best for us. So, if they do smoke or vape, be sure they get the support they need to protect us. The 'You and Me' guides may help.

Please tell our parents that we love them for everything they do for us. When we are big and strong and all grown up, we will thank them for protecting us in our very first home before we were even born.

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