

Having a baby?

What about the **GUNJA**?



If you use gunja while you are pregnant, it goes through the blood straight to the baby. If you use gunja while you are breastfeeding, gunja goes through the milk to the baby.

Gunja isn't our culture, it harms our spirit



Having 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 as easily.

If you smoke gunja and cigarettes when you're pregnant there is a bigger risk of losing the baby to miscarriage and still birth.

Talk to your GP or health worker about the effect gunja might have on you or your baby's health and wellbeing.

