



Pregnancy . . . and smoking

ARIZONA SMOKERS' HELPLINE 1-800-556-6222 - WWW.ASHLINE.ORG

If You Quit, Your Baby Does Too!

- ▼ When you smoke, the cigarette chemicals reach your baby.
- ▼ These chemicals keep your baby from getting the food and oxygen it needs to grow.
- ▼ It's best to quit before you get pregnant. But, quitting anytime while you are pregnant will help.

You'll Have a Healthier Pregnancy

- ▼ If you quit, you will reduce the risk of bleeding and miscarriage (losing your baby).
- ▼ If you quit, your baby is more likely to reach full term. Full term babies are stronger and healthier.

Your Pregnancy Will Be Easier

- ▼ Quitting will help you breathe easier and cough less.
- ▼ You will have more energy (to carry your baby's extra weight)!
- ▼ Food will taste better. So you may enjoy a healthier diet.

Your Baby Will Live Longer

- ▼ If you quit, your baby will be less likely to be stillborn (born with no signs of life).
- ▼ If you quit, your baby will be less likely to die of SIDS (Sudden Infant Death Syndrome).
- ▼ If you quit, your baby will be less likely to have asthma.

Your Breast Milk Will Be Free of Cigarette Chemicals

- ▼ The chemicals in cigarettes also enter your breast milk, which can cause colic, vomiting, diarrhea, fast heartbeats and increase your baby's risk of SIDS.
- ▼ Smoking may also reduce your supply of breast milk.

You'll Live to See Your Child Grow - So Get Started!

- ▼ Pick a day to quit and stick to it.
- ▼ Throw out all your cigarettes.
- ▼ Drink 6 to 8 glasses of water a day.
- ▼ Chew gum, carrots or celery.
- ▼ Keep your hands busy. Knit a baby blanket. Make a baby album.
- ▼ Ask for support from your family, friends and health care provider.
- ▼ If you can't stop, try to cut back.
- ▼ Think about your growing baby!

References available upon request