

## Remember That When You Smoke Your Baby Smokes Too Which Can Lead To:

- Low Birth Weight
- Intellectual Impairment
- Congenital Malformations
  - Placental Problems
  - Sudden Infant Death Syndrome (SIDS)
- Reoccurring Ear Infections
  - Hearing and Vision Problems
- Slows Fetal Lung Growth
- Early Childhood Cancers



## SMOKING AND PREGNANT?



*There's Hope For  
Women Who  
Want To Quit*

## Myths and Facts About Smoking While Pregnant



### Myth # 1

Its Too Late For Me To Quit Smoking. The Damage is Done.

#### Fact:

If You Quit Now, Your Risks of Having a Low Weight Baby Will Be Similar To That Of a Nonsmoker

### Myth # 2

Low-Weight Babies Are Easier to Deliver

#### Fact:

Smaller Babies Are More Likely To Be Stressed During Birth, Leading To A Harder Delivery

### Myth # 3:

Light Cigarettes are Less Harmful To Myself and The Baby

#### Fact:

Light or Mild Cigarettes Do Not Reduce Harm

### Myth # 4:

Smoking Fewer Cigarettes During Pregnancy Is Good Enough

#### Fact:

No Level of Smoking Is Safe

## Tips For Quitting Before or During Pregnancy

- Designate Your Home As Smoke-Free
- Stay Active To Keep Your Mind Off Smoking
- Do Not Go To Places Where Many People Smoke
- Keep Mints or Gum On Hand For Cigarette Cravings
- Avoid Caffeinated Beverages ( It May Stimulate Your Urge to Smoke)
- Hide Lighters and Ashtrays
- Join A Support or A Smoking Cessation Group

