

Advantages of quitting now

If you quit smoking *now*, your baby has a better chance of:

- ☪ completing the pregnancy with a healthy birth weight.
- ☪ avoiding severe colds, ear infections and childhood illnesses.
- ☪ keeping away from tobacco and addiction.
- ☪ succeeding in school.



If you quit smoking *now*, you will:

- ☪ have taken a loving step for your baby.
- ☪ increase the safety of your baby's birth.
- ☪ feel better and have more energy.

To quit smoking you may need help, and support from family and friends.

When you decide to quit, share your decision with your

- ☪ baby's father.
- ☪ family.
- ☪ friends.
- ☪ health-care provider.

Call the American Cancer Society's Toll-Free Quitline: 1 (877) 937-7848.

A counselor will provide free counseling by phone at a time you prefer.

People who get help **double** their chances of quitting — **for good**.

It could be one of the most loving things you can do for **yourself and your baby**.

1 (877) YES-QUIT
American Cancer Society

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Smoking, your baby, & you



Quitting smoking is one of the most loving things you can do for your baby.

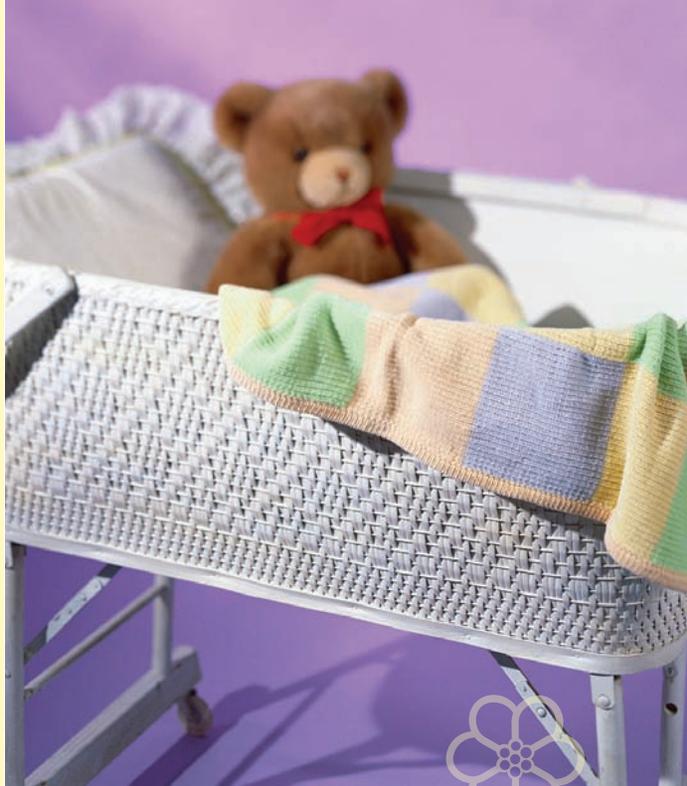
It may be one of the most loving things you can do for yourself.

Which best describes your smoking status?

Since you found out that you are going to have a baby ...

- 🌸 you smoke the same amount as before.
- 🌸 you still smoke regularly — but you are cutting back.
- 🌸 now you smoke only once in a while.
- 🌸 you quit smoking.

You may have thought about quitting many times. Smoking during pregnancy affects your baby in many ways — possibly for life. **Now** is the best time to take that loving step and quit smoking.



Smoking and your newborn

When people smoke around your baby, it can increase:

- 🌸 irritability.
- 🌸 ear infections.
- 🌸 asthma attacks.
- 🌸 bronchitis and pneumonia.
- 🌸 trips to the hospital.
- 🌸 your baby's risk of SIDS.

Avoid smoking in the house, in your car, and near your baby. Ask others to do the same.

Smoking and your unborn baby

When a pregnant woman smokes, here's what happens to her baby. Smoking causes:

- 🌸 an increased risk for slower growth and development of the baby.
- 🌸 reduced flow of blood and oxygen to the baby's brain.
- 🌸 an increased risk of stillbirth or sudden infant death syndrome (SIDS).

It's very important to eat nourishing foods and take prenatal vitamins during pregnancy. If you smoke, it's even more important.

