



# Ten Best Reason Not to Smoke While You're Pregnant



Are you pregnant or planning to be? You have a special reason to quit smoking- your baby. If you quit now, you can improve your health and protect your baby. So do it for yourself. Do it for you baby. Here are some good reasons to quit smoking.

## **1. You Can Do It!**

Many women quit smoking before they become pregnant or while they are pregnant. You can be one of them.

## **2. If You Quit, Your Baby Does Too!**

When you smoke, the cigarette chemicals reach your baby. They 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.

## **3. You'll Have a Healthier Pregnancy**

Women who smoke have a higher risk of bleeding and miscarriage (pregnancy loss). Their babies may also be born too soon. If you quit, your baby is more likely to be born at the right time.

## **4. Your Pregnancy May Be Easier**

Quitting will help you to 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.

## **5. Your Baby Will Be a Healthier Weight**

Babies born to smokers weigh less than other babies. Smaller babies get sick more often. They are more likely to die during the first year. If you quit, your baby is more likely to be a healthy weight.

## **6. Your Baby Will Live Longer**

If you quit, your baby is less likely to be still-born (born with no signs of life). It is also less likely to die of SIDS (Sudden Infant Death Syndrome).

## **7. Your Breast Milk Will Be Free of Cigarette Chemicals**

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

## **8. You'll Protect Your Baby from Secondhand Smoke**

Infants are more likely to get sick if their parents smoke. If you quit, your baby will be less likely to have colds, bronchitis, ear infections, allergies and asthma.

## **9. You'll Live to See Your Child Grow**

You'll reduce your own risk of lung cancer, heart disease and other illnesses. You'll feel better and live longer to help your baby grow.

## **10. Try These Quit Tips**

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 you 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!

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