

5 Reasons NOT to Smoke While Pregnant

Are you pregnant or planning to be? You have a special reason to quit smoking – your baby!

1. If you quit, your baby does too!

- ✓ Your baby will get more oxygen when you quit.
- ✓ It's best to quit before you get pregnant, but quitting anytime while you are pregnant will help.



2. You may have a healthier pregnancy.

- ✓ Women who smoke have a higher risk of bleeding and/or pregnancy loss.
- ✓ Smoking mothers' babies may be born too soon.
- ✓ Your pregnancy may be easier if you quit smoking. You will have extra energy and quitting will help you breathe more easily and cough less.



3. Your baby could be healthier.

- ✓ If you quit smoking, your baby has a much lower risk of sudden infant death syndrome (SIDS).
- ✓ Your baby is also less likely to be a stillborn (born with no signs of life) if you quit smoking.
- ✓ Your baby is more likely to be a healthier weight.

4. You'll protect your baby from secondhand smoke.

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

5. You'll live to see your child grow up.

- ✓ Quit smoking and you'll reduce your own risk of lung cancer, heart disease and other illness.
- ✓ You'll feel better and live longer to watch your baby grow.

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Quitting smoking can be hard, try these tips!

- ✓ Pick a day to quit and stick to it!
- ✓ Throw out all of your cigarettes.
- ✓ Drink 6-8 glasses of water a day.



- ✓ Think about your growing baby and its health.
- ✓ Ask for support from your family, friends and health care provider.
- ✓ **Quitline Iowa** has expert, caring coaches and materials to help you live a tobacco-free life. Enroll now for free. Call **1.800.QUIT.NOW (1.800.784.8669)** or visit **www.quitlineiowa.org**.



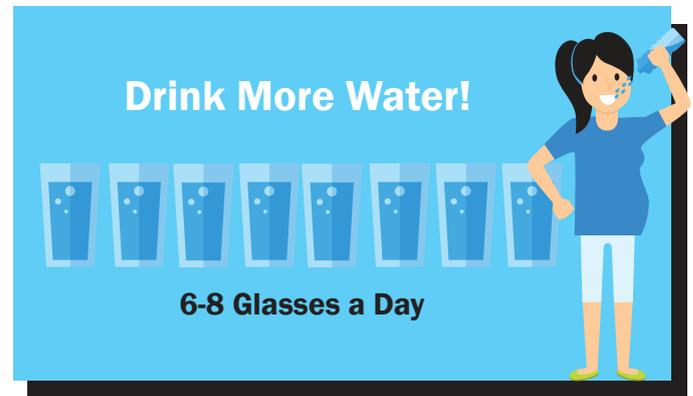
Source:
<http://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/>

Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control. Created July 2016.



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