



## Benefits of quitting

### Your baby will be healthier:

- ◆ More likely to develop normally
- ◆ More likely to come home from the hospital with you
- ◆ More likely to have strong, healthy lungs
- ◆ Less likely to die from Sudden Infant Death Syndrome (SIDS)

### You will be healthier:

- ◆ More energy and easier breathing
- ◆ Less likely to get cancer or heart disease

### You will be happier:

- ◆ Food will taste better
- ◆ Your breath will be fresher
- ◆ Your clothes, home & car won't smell like smoke
- ◆ You will save money

## Pregnancy is a great time to quit

Many women find it easier to quit smoking or chewing when they are pregnant. They are quitting for their baby and themselves.

### For more information or help quitting:

#### California Smokers' Helpline

1-800-NO-BUTTS  
(1-800-662-8887)  
[www.nobutts.org](http://www.nobutts.org)

#### National Quit Line

1-800-QUIT-NOW  
(1-800-784-8669)  
[www.smokefree.gov](http://www.smokefree.gov)

#### Sources

Centers for Disease Control. Smoking during pregnancy. [https://www.cdc.gov/tobacco/basic\\_information/health\\_effects/pregnancy/](https://www.cdc.gov/tobacco/basic_information/health_effects/pregnancy/) [Accessed November 2016]

Centers for Disease Control. Tobacco Use and Pregnancy. <http://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/index.htm> [Accessed November 2016]

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# Tobacco and your Pregnancy



How to protect your baby  
from the effects of smoking  
and chewing tobacco



## Protecting your baby and yourself

Pregnancy is a very special time. Your baby is growing and needs your nourishment and protection. It is important to take extra care of yourself and your baby.

Any time you smoke, breathe smoke or chew tobacco your baby is exposed to nicotine and harmful poisons.

**Your baby is counting on you to make healthy choices.**

## How tobacco affects your baby

Tobacco exposure during pregnancy can lead to miscarriage, premature birth, and low birth weight. Your baby might be sick or have to stay in the hospital longer.

Infants are three times more likely to die of Sudden Infant Death Syndrome (SIDS) when their mothers smoke.

### What you can do

- ◆ If you smoke or chew tobacco, make a plan to quit.
- ◆ Make your home and car smoke-free.

## Your Quit Plan

### 1. Write down all your reasons for quitting

### 2. Set a quit date

### 3. Get support to quit

- ❖ Your doctor or caregiver
- ❖ Your family and friends
- ❖ Other smokers and chewers who have quit
- ❖ A support group

### 4. Plan what you will do instead of smoking or chewing tobacco

- ❖ Go for a walk
- ❖ Talk to a friend
- ❖ Read a book
- ❖ Chew gum or a carrot stick
- ❖ Meditate or stretch
- ❖ Review your reasons for quitting

Your doctor or caregiver can help you manage any withdrawal symptoms you may experience.

**If you slip, don't give up. Remind yourself why you are quitting and try again.**

