

Pregnancy and Smoking

Risks to Baby^{1,2}

If you smoke when pregnant, the risks go up for:

- **Preterm labor** - starts before 37 weeks and can cause baby to be born early and too small
- **Low birth weight** – baby is born less than 5lbs 8 oz and can have trouble with eating, gaining weight, and fighting off illness
- **Less oxygen** – slows growth and harms the heart, lungs, and brain
- **Placenta issues** – baby can't get enough food to grow
- **Birth defects** – this can include a cleft lip or palate
- **Miscarriage** – pregnancy loss before 20 weeks
- **Stillbirth** – pregnancy loss after 20 weeks
- **SIDS (Sudden Infant Death Syndrome)** - baby less than one-year-old dies from unknown cause



Future Risks^{3,4}

As the baby gets older, there can be problems with:

- **Learning** - may find it hard to learn in school
- **Lungs** – colds, wheezing, and asthma
- **Eyes** – trouble with sight

Why Quit Smoking^{1,2,4}

If you quit smoking, the risks go down for:

- Early labor
- Low birth weight baby
- Miscarriage
- Stillbirth
- Birth defects
- SIDS
- Learning issues and lung problems later in life

What You Can Do

Every cigarette you don't smoke helps your baby.

- Make your home and car smoke-free
- Find support
- Quit smoking!

**Call for FREE help to quit smoking!
1-800-NO-BUTTS**

¹ March of Dimes (2015). *Smoking during pregnancy*

² March of Dimes (2018). *Low Birthweight*.

³ National Drug Institute on Drug Abuse (2018). *Tobacco, Nicotine, and E-cigarettes*.

⁴ American Pregnancy Association (2017). *Smoking During Pregnancy*

Coping

- C**ravings last about 3-5 minutes. Find ways to keep busy.
- O**utside. Go to places where you can't smoke, like parks, the mall or movies.
- P**repare to quit. Have straws, healthy snacks, gum, and other items on hand.
- I**nfant. Focus on how quitting helps your baby's health.
- N**urture. Treat yourself with the money you do not spend on cigarettes.
- G**et involved in new things, like a prenatal class.

Weight gain

- W**ater. Drink a lot each day. It fills you up and can help you fight the urge to smoke.
- E**xercise. Makes you feel good and gets your body more ready to give birth.
- I**ncrease the number of calories your body burns. Stay active and eat healthy meals.
- G**et to know your body. Learn how hunger pangs differ from nicotine cravings.
- H**ealthy snacks, like celery and carrot sticks, can help when you crave a cigarette.
- T**rust your body. Weight gain is part of a healthy pregnancy.

Support

- F**ind a stop smoking buddy to help keep you on track.
- R**emind people you are quitting. Ask them to support you and not offer cigarettes.
- I**nsist on taking care of your emotional needs. Reach out to family and friends.
- E**nvironment. Make your house smoke-free. Ask family and friends to smoke outside.
- N**on-smokers. Hang out with non-smoking friends. Do what they do instead of smoking.
- D**o ask for help. Don't think others know what you need.
- S**upport. Join a pregnancy or new moms' group or quit smoking program.