Breathing easy for two.

- Quitting now increases the amount of oxygen your baby will get and the chances his or her lungs will work well.
- Quitting now gives you more energy and helps you breathe easier!
- Quitting early in your pregnancy gives your baby the best chance to be born healthy, but:

It's never too late to stop.

- Stop by the third month of pregnancy and your baby will have a better chance of being normal in size.
- Stop by week 30 and your baby will be bigger than if you continued smoking.
- Stop at least 48 hours before delivery and your baby will have more oxygen available during the stress of labor.

What are my risks? My baby's risks?

Even if you are not ready to give up cigarettes for you and your baby, you should know what might lie ahead.

Smoking during your pregnancy doubles the risk that your baby will be born early and will weigh less than five and one-half pounds. And babies whose growth is stunted by tobacco are not just short on baby fat—their brains and other vital organs are smaller.

If you smoke 10 or more cigarettes a day during pregnancy, your child is 50 percent more likely to develop cancer, particularly leukemia or lymphoma.

Ask your doctor or prenatal caregiver about the disorders, diseases and complications listed below.

Your risks

Ectopic pregnancy
Spontaneous abortion
Placenta previa
Placental abruption
Infertility
Cancers
Heart attack and stroke
Emphysema

Your baby's risks

Decreased fetal growth
Stillbirth
Premature birth
Sudden infant death syndrome (SIDS)
Cleft palate
Cleft lip
Childhood cancers
Low birth weight

How many cigarettes do you smoke per day?

Calculate the savings when you quit and spend it on your baby!

AMOUNT SMOKED PER DAY	COST PER DAY	AMOUNT SPENT PER YEAR
1/2 pack	$1.75	$638.75
1 pack	$3.50	$1,277.50
2 pack	$7.00	$2,555.00

What would you buy for your new baby?

Stay on the Smoke-Free Path.

The hardest part is staying smoke-free after your baby is born. Less than half of all women who give up smoking during pregnancy remain non-smokers.

Sticking with your plan to stay tobacco-free ensures that your child will have fewer colds, ear infections and bouts of asthma, bronchitis or pneumonia. Most important, your child will be less likely to take up smoking.

Some of the benefits of stopping now:

- Feel great about what you've done for yourself and your baby.
- Increase your chances of having a normal-weight, healthy baby.
- Lower your risk that your baby will be born too early—or not at all.
- Enjoy fully the taste of food and the smell of flowers, baby skin, clean clothes.
- Make your breath, hair, clothes, home and car smell better.
- Make your teeth brighter and cleaner.

Which describes you?

- ❑ I smoke regularly now—about the same as before finding out I was pregnant.
- ❑ I smoke regularly now, but I've cut down since I found out I was pregnant.
- ❑ I smoke every once in a while.
- ❑ I have quit smoking since finding out I was pregnant.
- ❑ I wasn't smoking around the time I found out I was pregnant, and I don't currently smoke cigarettes.

➔ Check the statement above that best describes your smoking status.

➔ Bring this brochure to (or tell) your doctor or prenatal caregiver. With this information, your practitioner can help you get started on a quit plan that feels right for you and improves your chance of success.

It helps to get help.

Each year, only about 5 percent of people who try to stop on their own succeed. Those who do reach out and get the help they need for themselves and their babies double their chances of quitting for good.

Help and support is just a phone call away. Try the American Cancer Society's toll-free Quitline: 1-877-YES-QUIT.

YES YOU CAN™

TEXAS Department of State Health Services

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Smoking and My Baby

Congratulations! You now have the BEST reason to quit smoking for good.

YES YOU CAN™

TEXAS Department of State Health Services