

**Keeping babies smoke-free
is everyone's responsibility.**



Pregnant & smoking?
Have a new baby?
(It's OK to ask for help.)

Some suggestions to help you quit:

1. Set a quit date and find support
 - Family, friends and health care providers.
 - QuitNow - click - www.quitnow.ca or call - 1-877-455-2233
2. Finding the cravings too hard to handle?
 - See your doctor about nicotine replacement therapy: patch, gum, inhaler.
3. Continue nursing your baby while you stop smoking.
 - Use the gum or inhaler right after nursing so levels can decrease before the next feed.
4. Make your home and vehicle smoke free.
 - Your baby needs your help to stay away from smoke.
5. Be aware of your smoking triggers and avoid them.
 - Find other healthy ways to reduce stress; walk, spend time with non-smokers, get support.
 - Use the 4D's: Delay, Deep breathe, Drink water, Do something else.
6. Stopping smoking is one of the best things you can do for yourself and your baby.

More Information

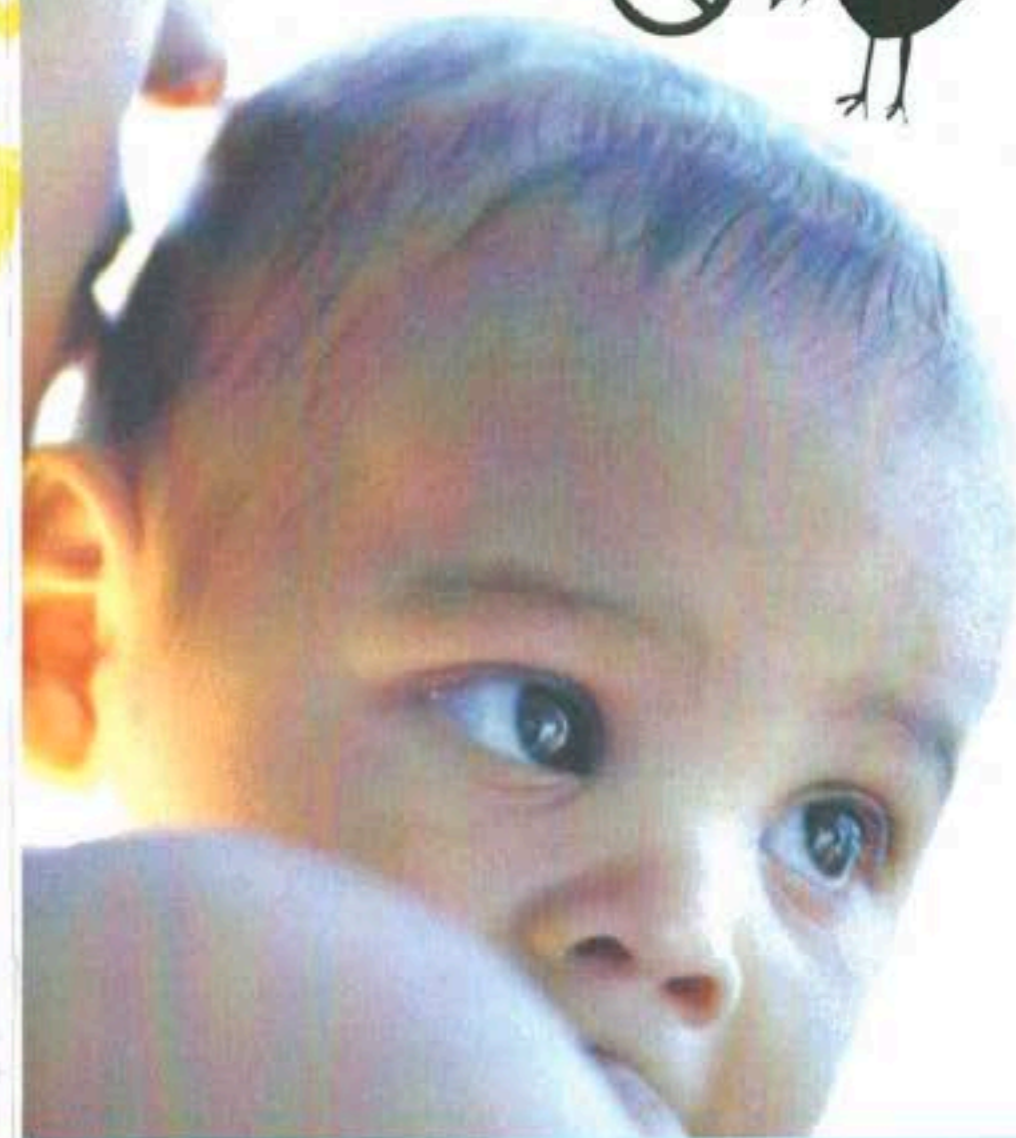
Visit these web sites:
www.quitnow.ca
www.pregnets.org
www.gosmokefree.ca

quitnow **ca**
1-877-455-2233



**Contact your doctor, pharmacist
or other health care provider.**

**Make Your Home & Car
Smoke-Free!**



Healthy ideas
for you & your baby.

Fraser Health Printing #261759 - www.healthystartup.com



What are the effects of smoking while I am pregnant?

Smoking in pregnancy limits the amount of nutrients and oxygen that reach the unborn child.

- Increases risk of miscarriage
- Increases risk of preterm delivery
- Increases risk of ectopic pregnancy (pregnancy outside the uterus)
- Your baby gets less food and oxygen through the placenta
- Increases risk of low-birth weight baby
- Increases risk of birth defects such as clubfoot and cleft lip
- Nicotine through placenta can increase baby's heart rate

Babies exposed to cigarette smoke are more likely to have:

- Severe asthma & allergy attacks & hospitalizations
- SIDS - Sudden Infant Death Syndrome
- Ear infections
- Chest infections and pneumonia
- Learning and behaviour difficulties in later years
- Colic

What are the effects of smoking on breast milk?

- Nicotine can pass into breast milk.
- Heavy smoking can reduce a mother's milk supply.
- Breastfeeding still provides many benefits to you and your baby even if you are unable to quit or reduce smoking at this time.

Pregnancy and motherhood are a good time for a woman to cut down or quit smoking.

How to reduce the risk to your baby if you smoke

- The ideal: Stop smoking.
- Smoke less.
- Don't smoke before or during breastfeeding.
- Smoke outside, away from your baby.
- Don't smoke in the car.
- Breastfeed in a smoke-free environment to provide the best benefit to you and your baby.

It's never too late to quit, the earlier the better for you and your baby!

