



Cigarette smoking during pregnancy can cause serious health problems for both mother and child, such as pregnancy complications, premature birth, low-birth-weight infants, still birth and infant death.

Mothers who smoke can pass nicotine to their children through breast milk. Cigarette smoking not only passes nicotine on to the fetus; it also prevents as much as 25 percent of oxygen from reaching the placenta. Smoking during pregnancy accounts for 20 to 30 percent of low-birth weight babies, up to 14 percent of preterm deliveries and about 10 percent of all infant deaths.

Additionally, infants are more likely to develop colds, bronchitis, and other respiratory diseases if secondhand smoke is present in the home or day care center. Maternal smoking has also been linked to asthma among infants and young children. The odds of developing asthma are twice as high among children whose mothers smoke more than 10 cigarettes a day.

There's Never Been a Better Time to Quit!



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PROTECT OUR FUTURE

SMOKING & PREGNANCY

Smoking & Pregnancy Facts:

- If you smoke during pregnancy, there is a great chance **you will lose the baby**.
- If the baby is born too early, before the lungs are ready, **breathing problems** may occur.
- Babies often weigh less when the mother smokes.
- A baby that weighs too little is often sick with lots of health problems. Smaller babies are more likely to need special care and **stay longer in the hospital**. Some may **die** either **at birth** or within the first year.
- **MOM SMOKES, SO DOES BABY!** Smokers take in poisons such as nicotine and carbon monoxide (the **same gas that comes out of a car's exhaust pipe**). These poisons get into the placenta, which is the tissue that connects the mother and the baby before it is born. These poisons keep the unborn baby from getting the food and oxygen needed to grow.
- New studies show that if a woman's partner smokes near her during her pregnancy, there are added risks.
- Breastfeeding is a good way to feed a new baby but smoking may cause problems. Nicotine is a poison in cigarettes. So if the mother smokes, the **baby drinks the poison in her breast milk**.
- Smoking during pregnancy may mean that these children may show slight signs of **reduced intelligence**. And they may be **shorter and smaller than children** of nonsmokers.
- Babies of smokers are **more susceptible to colds, coughs, middle-ear infections** and **develop breathing problems**.

FAQ's:

Q: Does it matter when a pregnant woman quits smoking?

A: The best time to quit is before you get pregnant. If you get pregnant and are a smoker, plan on quitting within the first three or four months of your pregnancy. You can lower the baby's chance of being born too small and with lots of health problems.



Q: How about cutting down on cigarettes rather than quitting for good?

A: The only way to really protect your unborn baby is to quit. Cutting down is better than doing nothing but it may not make things better for the baby.

Q: Does quitting smoking provide benefits for you as well as for your baby?

A: Pregnancy is a great time for a you to quit. No matter how long you have

been smoking, your body benefits from quitting. You will feel better and have more energy to go through the pregnancy and to care for your new baby.

Q: If you quit smoking during pregnancy, will you have a hard time handling stress?

A: You can learn to relax in other ways that are much better for you and your unborn baby. When you feel tense, you can take some deep breaths or chew sugarless gum. You can also do something with your hands like sewing or beadwork, or call a relative.



How Can You Get Help in Quitting?

- **Ask for help** from your doctor or nurse and from family and friends.
- Make a list of your reasons for wanting to quit, for yourself as well as for your baby.
- **Set a Quit Date-** the sooner the better. If you are not ready to set a date, you can begin to cut down on smoking and make a plan to stop all smoking in the near future.
- **Ask for stop smoking materials and read them.** You need to learn about your own smoking habit and plan ways to cope with urges to smoke after you quit.
- **Try the four D's:**
 - Delay:** wait a few minutes and the urge to smoke will pass.

Deep Breathe: Take five deep breaths and relax for a few minutes. You may not want a cigarette as much anymore.

Drink Water: Drinking water may distract you, and it flushes the nicotine out of your body.

Do Something Else: Finish those moccasins you started for your nephew last year, call someone and tell them who you saw at the dance last weekend, bead yourself a new outfit for the beginning of powwow season, go visit your elders and talk to them about the correct usage of tobacco....

