

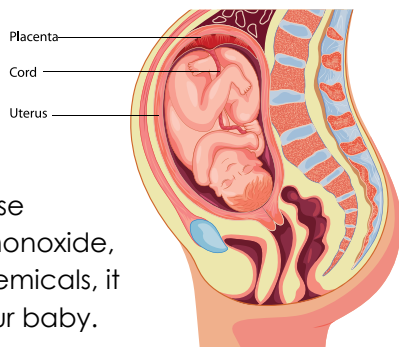
Name: _____ Date: _____

How Smoking Affects Baby

 I am currently _____ weeks pregnant.

Quitting smoking, even during pregnancy, can make a big difference in your baby's life and yours!

The placenta inside of your uterus gives oxygen and food to your unborn baby through the umbilical cord. If you smoke or use e-cigarettes, carbon monoxide, nicotine, and other chemicals, it can cause harm to your baby.



Problems that could happen now:

- Damage to your baby's developing brain
- The placenta pulling away from the uterus wall
- Bleeding uterus
- Baby not getting enough oxygen and nutrients
- Going into labor early

Problems that could happen later:

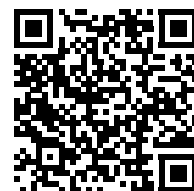
- Baby born too small
- Sudden infant death syndrome (SIDS)
- Colic with uncontrollable crying
- Obesity and asthma during childhood

 I smoke _____ packs per day.

I would like to reduce to _____ cigarettes per day by this date: _____.

 Write a short message or draw a picture for your baby. What do you want them to know right now?

Pregnancy and Smoking



Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.