



## *How Does Smoking Harm My Baby?*

Learning that you're going to have a baby can be a time of great joy and a time of anxiety and stress. For many women who smoke, thinking about stopping when pregnant may seem very difficult and overwhelming.

### ***According to the Office of the Surgeon General:***

Stopping smoking is probably the **most important** change women in the United States can make to prevent unhealthy pregnancies. Stopping smoking offers you and your baby the best chance for a healthy start.

1. Stop and think for a moment about what you just read.
2. Now, read further to see how you can give your baby a healthy start!

### ***How will I help my baby when I stop smoking?***

- Your baby gets more oxygen.
- Your baby has a lower chance of being born too small.
- Your baby's chance of health problems such as asthma is reduced.
- You lower the chance of miscarriage, stillbirth, and infant death.

### ***How can I quit? Giving up something I do everyday is really hard!***

1. Make every effort to stop
2. Create a quit plan
3. Tell your doctor or nurse (or pharmacist) you want to stop
4. Ask for support
5. Try to avoid other smokers
6. Think about what makes you want to smoke
7. Be active

You have the two best reasons to stop smoking: **YOU and YOUR BABY**. Give your baby the best chance for a healthy start. You can do it!

**Call the Tennessee Tobacco QuitLine at 1-800-QUIT-NOW  
(1-800-784-8669). It's FREE!**