

babies 

A Healthy Mom

Smoking when you are pregnant passes toxic chemicals on to your baby through the umbilical cord. When you smoke, you baby smokes too!



Scan the code above to watch a video and learn more about making healthy choices for you and your baby.

Smoking while pregnant can cause problems with your baby:

- Birth defects
- Preterm birth – before 37 weeks
- Low birthweight
- Stillbirth – when a baby dies in the womb after 20 weeks of pregnancy
- Placental abruption – a serious condition where the placenta separates from the wall of the uterus

When babies are born too early and too small they can have problems learning and behavior problems.

Some pregnant women will try not to smoke as much, but any amount of smoking is too much if you are pregnant.

E-cigarettes are not a good choice either, since they still put chemicals in your baby's system. Talk to your doctor about getting help with quitting.

Find more helpful information at babieslove.org



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