

## Smoking in Pregnancy

### **What you need to know:**

Smoking harms your baby. When you smoke, your baby gets less oxygen. Lack of oxygen can cause your baby to grow more slowly and gain less weight in the womb. Smoking during pregnancy has also been linked to preterm labor and other pregnancy complications.

### **What you can do:**

Quit or cut back as much as you can. We know it's hard, but remember, you're doing this for your baby.

### **Smoking in the First Trimester**

For some women, quitting will never be easier than in early pregnancy when they develop a sudden distaste for cigarettes. If you stop smoking now, you can reduce your chances of miscarrying and it may also diminish the likeliness of affecting your baby's development. It is best to stop smoking before you become pregnant, but stopping now is a very smart choice and your odds of having a healthy baby are good.

### **Smoking in the Second Trimester**

If you stop smoking now, you can decrease your chances of developing such complications as placenta previa going into pre-term labor and even stillbirth. If you tried to stop smoking in your first trimester, but didn't succeed- at least for the sake of your baby- cut down on how many cigarettes you smoke each day. Every cigarette you don't smoke is going to help your baby.

### **Smoking in the Third Trimester**

It is never too late to quite smoking. If you stop now, you can still improve your chances of delivering a healthy, full-term, normal birth-weight baby. Decreased birth-weight is directly related to the number of cigarettes you smoke. There is a direct relationship between smoking and impaired fetal growth. By quitting now, you can also better your odds of not losing your baby to SIDS. Sooner is better, but quitting even in the last month can help preserve oxygen flow to your baby during delivery.

### **Quitting protects your health and the health of your baby!**

## Quitting Tips

### **Smoking: Tips to Quit From the March of Dimes**

- Write down your reasons for quitting. Look at the list when you are tempted to smoke.
- Choose a "quit day." On that day, throw away all your cigarettes, lighters and ashtrays.
- Stay away from places, activities or people that make you feel like smoking.
- Ask your partner or a friend to help you quit, and call that person when you feel like smoking.

- Ask your health care provider about quitting aids such as patches, gum, nasal spray and medications. Don't start using these without your health care provider's okay especially if you are pregnant.

Don't get discouraged if you don't quit completely right away. Keep trying. If you can't quit, cut back as much as you can.

Call for support!

1-877-937-7848

**Online** [www.healthyvermonters.com](http://www.healthyvermonters.com)

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