

# Smoking Increases Risks to Your Baby



Smoking during pregnancy and after your baby is born increases your baby's risk for many serious health issues. Exposure to other types of smoke, like secondhand and thirdhand smoke, also increases the risks for these health issues.

## *If you smoke while pregnant:*

- **You** are more likely to have a miscarriage or stillbirth
- **Your baby** is more likely to:
  - Be born early (premature)
  - Have low birth weight
  - Die from Sudden Infant Death Syndrome (SIDS)



## *If you smoke after your baby is born, they're more likely to experience:*

- Asthma, or make asthma worse
- Pneumonia
- Sleep problems
- Ear infections



## *If you smoke as your baby grows up, they are more likely to:*

- Become a smoker, too
- Have higher risk for cancer



*“My child was born with RSV (respiratory infection) because I smoked ... and he was very small. He kept going in and out of the hospital. He was in the tent. He couldn't come out. He still has asthma. All because I smoked.”*

*— Past Participant*



## The Good News:

*It's never too late to quit smoking!*

**There are many benefits to your baby if you quit:**

### Benefits to your unborn baby:

- As soon as you quit, your baby will start getting more oxygen.
- You will have a lower risk of having a miscarriage or stillbirth.
- Your baby will have a smaller risk of being born too early or born with low birth weight.

*(Low birth weight can cause a lot of problems throughout a baby's life.)*

### Benefits to your new baby:

- Less fussy and cranky
- Less coughing & wheezing
- Fewer lung infections and other lung diseases like asthma, bronchitis, and pneumonia
- Fewer colds, throat, & ear infections
- Less likely to die of SIDS (Sudden Infant Death Syndrome)
- Better breast milk supply

**FIRST BREATH**