

**Tobacco Use and Pregnancy**

**Effects on the unborn and newborn baby:**

* Smoking robs baby of nutrients
* Smoking damages the growing baby’s brain through lack of oxygen and chemicals
* Low birth weight babies are common for smoking mothers
* Increased risk of SIDS
* Nicotine narrows uterine blood vessels thus reducing the blood flow to baby
* Children whose mother’s smoke can have mental and behavioral problems throughout childhood and adolescence

**Second hand smoke does a lot of harm to the mother and baby also**

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**Advantages of Quitting**

* Less wrinkles, acne and blackheads (Healthier Skin)
* More vitality as breathing is easier and more effective
* Sense of taste is increased and food tastes better
* Now is a good time to gain a few pounds from quitting; after all you’re pregnant and will gain weight anyway
* An easier labor
* Easier to exercise and get the great health benefits of exercising
* Longer healthier life to enjoy with your new baby as they grow

**Tips on Quitting**

* Tobacco Free Florida Support Line (877) 777-6534 (Let them know you are pregnant)
* Attempt quitting cold turkey
* Avoid smoking a whole cigarette down to the end, only smoke it half way (the end has more toxins)
* Switch to a less toxic brand like American Spirit or Native
* Ask for support, encourage other smokers not to smoke around you
* Don’t go to places or do things where you smoke
* Hypnosis and/or acupuncture
* Chew gum
* 100% Pure Black Pepper Essential Oil (Reduces symptoms of withdrawal)