



Tobacco Use and My Baby

You have the BEST reason to quit tobacco for good.

Breathing easy for two.

- Quitting now increases the amount of oxygen to your baby's body and the chances for your baby to develop healthy lungs.
- Quitting now will give you more energy and help you breathe easier!
- Quitting early in your pregnancy gives your baby the best chance to be born healthy. But no matter when you quit, you and your baby will be healthier once you stop using tobacco.

It's never too late to stop!

- Stop using tobacco by the third month of pregnancy and your baby will have a better chance of having a healthy birth weight. Babies who are smaller than normal are more likely to be born early or have to stay in the hospital or the neonatal intensive care unit (NICU) for long periods of time after birth.
- Stop using tobacco by week 30 and your baby will be bigger than if you continued using tobacco.
- Stop using tobacco at least 48 hours before delivery and your baby will have more oxygen available during the stress of labor.
- Ask your doctor about cessation treatments that work with breastfeeding.

What are my risks? My baby's risks?

- If you use tobacco during or after pregnancy, ask your doctor about the complications listed in the box on this page.
- If you use tobacco during pregnancy, it doubles the risk that your baby will be born early and will weigh less than 5.5 pounds.
- Using tobacco can hurt your baby's growing organs, including their brain and lungs. These issues can increase the chance that your baby will have health problems after they are born.
- Infants born to mothers who used tobacco during pregnancy are three times more likely to die of SIDS than those born to mothers who did not use tobacco during pregnancy.

Your Risks

- Ectopic pregnancy
- Spontaneous abortion
- Placenta previa
- Placental abruption
- Infertility
- Cancers
- Heart attack and stroke
- Emphysema

Your Baby's Risks

- Decreased fetal growth
- Stillbirth
- Premature birth
- Cleft palate
- Cleft lip
- Childhood cancers
- Low birth weight
- Sudden Infant Death Syndrome (SIDS)



Stay on the Tobacco-Free Path.

- The hardest part of quitting is staying tobacco-free after your baby is born. Less than half of all women who quit tobacco during pregnancy remain tobacco-free.
- Sticking with your plan to stay tobacco-free ensures that your child will have fewer colds, ear infections and bouts of asthma, bronchitis or pneumonia.
- Most important, your child will be less likely to use tobacco.



Some of the benefits of quitting now:

- Feel great about what you've done for yourself and your baby.
- Increase your chances of having a healthy baby.
- Lower the risk of having a miscarriage or your baby being born prematurely.
- Fully enjoy the taste of food and the smell of flowers, baby skin, and clean clothes.
- Make your breath, hair, clothes, home, and car smell better.
- Make your teeth brighter and cleaner.
- Save money that you can spend on your baby.
- Set a good example as your child grows up.
- Reduce the risks to your health and your baby's health.
- Protect your baby from the risks of secondhand smoke.

Which describes you?

- ☐ I use tobacco regularly now—about the same as before finding out I was pregnant.
 - ☐ I use tobacco regularly now, but I've cut down since I found out I was pregnant.
 - ☐ I use tobacco every once in a while.
 - ☐ I have quit using tobacco since finding out I was pregnant.
 - ☐ I wasn't using tobacco around the time I found out I was pregnant, and I don't currently use tobacco.
- Check the statement above that best describes your tobacco use status.
 - Bring this flyer to (or tell) your doctor or prenatal caregiver about your tobacco use. With this information, your practitioner can help you get started on a quit plan that feels right for you and improves your chance of success.
 - Call the toll-free Texas Tobacco Quitline **1-877-YES-QUIT** and talk to a Quit Coach about getting started on a specialized quit plan.

Getting help is easy.

Each year, only about five percent of people who try to quit tobacco on their own succeed.

People who do reach out and get the help they need for themselves and their babies double their chances of quitting for good.

Help and support is just a phone call away.
Call the toll-free Texas Tobacco Quitline:

1-877-YES-QUIT.

How much tobacco do you consume per day?

Calculate the amount you can save and spend on your baby when you quit using tobacco!

Smoking Cigarettes

Amount Smoked Per Day	Cost Per Day	Amount Spent Per Year
1/2 Pack	\$3.25	\$1,186.25
1 Pack	\$6.50	\$2,372.50
2 Packs	\$13.00	\$4,745.00

E-Cigarettes

Pod Based	\$6.99	\$2,551.35
Disposable	\$8.95	\$3,266.75

What would you buy for your new baby with this money?