



GET THE
SUPPORT
YOU NEED.

SCAN ME



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SMOKING AND
VAPING DURING
PREGNANCY



smokefreewomen. (n.d.). Smoking & Your Baby. smokefree.gov. Retrieved 11/23/2021 , from <https://women.smokefree.gov/pregnancy-motherhood/quitting-while-pregnant/smoking-and-your-baby>.





STOP FOR YOU AND YOUR BABY

Smoking or vaping when pregnant can cause harm for you and your baby. It is in the best interest for you and your baby to refrain from smoking or vaping. Even after birth, continue to refrain from smoking as secondhand smoke has been proven to harm children's health and development. Quitting will start you and your little one a journey to a healthier life. (Smoking & Your Baby)

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“ THE SECRET OF GETTING AHEAD IS GETTING STARTED”
-MARK TWAIN

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SMOKING OR VAPING WHILE PREGNANT CAN CAUSE:

- **Miscarriage**- Unexpected loss of the baby.
- **Ectopic Pregnancy**- When the fertilized egg implants outside the uterus.
- **Placental Abruption**- When the placenta separates too early from the uterus.
- **Placenta Previa**- When the placenta covers the cervix.
- **Preterm Birth**- When the baby is born too early.
- **Preeclampsia** - When the mother experiences high blood pressure and swollen feet, legs, and hands.

BENEFITS FOR YOUR BABY

- Less risk of being born too early.
- Less risk of being born with birth defects.
- Higher chance of having a healthy birth weight (more than 5.5 lbs.).
- More likely to have normal brain development before birth and through early childhood.
- Less likely to die from Sudden Infant Death Syndrome (SIDS).

SUPPORT FOR YOU

Quitting smoking can be difficult, but it can help protect you and your baby's future greatly. It's never too late to quit. For FREE support now, call 1-800-QUIT-NOW (1-800-784-8669) or visit healthystartokawalton.org for support and a schedule of smoking cessation classes.

(Smoking & Your Baby)