

Get Help!

We have resources to help you.

**Santa Clara County Public Health Department
Tobacco Prevention & Education Program
Smoking Cessation Services**

www.sccphd.org/tobacco

Call (408) 792-5520

To schedule a smoking cessation class: (408) 792-5224

Breathe California

www.lungrus.org

Offers Cessation Services in English and Spanish

Call (408) 998-5865

California Smokers Helpline

www.californiasmokershelpline.org

Call 1 (800) NO-BUTTS (662-8887)

Nicotine Anonymous

Support for smokers and chewers.

12 step support group meetings in various locations.

www.nicotine-anonymous.org

(408) 236-2196

For prenatal care information and referrals call

**Santa Clara County Public Health Department
Maternal, Child & Adolescent Health**

1 (800) 310-2332

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The Coalition for Alcohol & Drug Free Pregnancies

www.cadfp.org

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Maternal, Child & Adolescent Health

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If You're Pregnant

Think About Your Baby's Health



Don't Use Tobacco

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Think About Your Baby's Health

Don't Use Tobacco

Tobacco includes cigarettes, cigars, pipes and hookahs. Smokeless tobacco includes snuff and chew.

If you smoke during your pregnancy, it can hurt your baby's health. Your baby can have problems that can affect the rest of his or her life.

If you smoked before you knew you were pregnant, stop smoking now. You will give your baby a better chance to be born healthy.

If you want to get pregnant, do not smoke. You may not know you are pregnant right away.

If you smoke during pregnancy, it makes your blood vessels smaller. When this happens, less food (nutrients), water and air (oxygen) reach your unborn baby.

Quitting smoking any time during your pregnancy will help your baby.

The sooner you quit, the healthier your baby will be.

How can smoking affect your baby?

- Born too early (premature)
- Born too small
- Reoccurring ear infections
- Have a higher chance of Sudden Infant Death Syndrome (SIDS)
- More likely to have lung diseases like asthma, bronchitis or pneumonia

Stop smoking when you are breastfeeding.

The drug in tobacco called Nicotine will reduce milk production. When passed through breast milk it could cause restlessness, increased heart rate, vomiting and diarrhea in the baby.

Some effects of prenatal cigarette smoking can be seen years later.

In particular, school age children whose mothers regularly smoked during pregnancy, are more likely to suffer from the following issues:

- Behavior and learning problems
- Attention deficit disorder
- Skin problems like eczema (very dry and itchy skin)
- Speech and language problems

Second hand smoke (someone smokes around the child) can increase a child's chance of having ear infections, allergies, asthma, wheezing, pneumonia, certain types of respiratory infections, cardiovascular disease and SIDS.