When you smoke, your baby smokes.

All the important facts you need to know about the dangers of smoking in pregnancy.

For more information, or to get the confidential help and advice you need to quit, speak to your **midwife**, call your local Stop Smoking Service on freephone **0800 531 6317** or for details of your nearest advisor, text **smokefree** and your postcode to **80800**.

Because life’s better Smokefree.
It’s never too late to benefit from stopping smoking.

We know that your health, and the health of your baby, is the most important thing in the world to you. It’s so important that you understand the risks for both you and your baby when you smoke – even if it is not regularly. This leaflet can help you make an informed decision.

Smoking increases the risk of complications during pregnancy.
This includes the risk of:
• Infection to your baby
• Your waters breaking prematurely
• Your baby being born prematurely
• Miscarriage
• Bleeding
• High blood pressure (hypertension)
• Your baby being born underweight
• Cot death

Smoking can also harm your baby’s growth and development.
Smoking whilst pregnant could be restricting the growth of your baby in the womb.

How does smoking affect unborn babies?
When you inhale smoke you are putting toxic chemicals into your body. Two of the main components are tar and carbon monoxide, a poisonous gas. These chemicals damage both your body, and your unborn baby, and can cause a wide range of health problems over time.

What effect does secondhand smoke have on babies and children?
Secondhand smoke can cause:
• Wheezing and coughing
• Asthma
• Ear infections and glue ear, which can lead to partial deafness
• Cot death
• Meningitis

Worried about putting on extra weight if you stop smoking?
Giving up smoking is one of the best things you can do for yourself and your family, and when you follow the points below there is no reason to worry about putting on excess weight.

How to avoid putting on excess weight:
• Eat well, but don’t have lots more food than normal
• Grill or boil your food, instead of frying
• Eat fewer fatty/sugary foods and more fruit and vegetables
• Try low calorie snacks if you want something between meals
• Increase the amount of gentle physical activity you take part in

Your local Stop Smoking Service is run by health professionals who are specially trained to support pregnant women and offers individual help that’s tailored to your needs.
You’ll make an appointment specifically to talk about smoking.