

TOBACCO

How It Affects Your Baby



It's never a good idea to use any drugs during your pregnancy unless they are prescribed and monitored by your health care provider. Any drug that you take passes through the umbilical cord and into your baby's body.

Smoking cigarettes during your pregnancy is especially dangerous and can lead to serious, long-term health complications for your baby.

If you smoke cigarettes during your pregnancy, your baby may experience any of the following:

- Miscarriage or stillbirth
- Low birth weight
- Premature birth
- Heart problems
- Breathing problems, including asthma
- 2x greater risk of Sudden Infant Death Syndrome (SIDS)
- Irritability and inconsolability
- Shaking and tremors
- Behavior problems and hyperactivity
- Learning and attention problems

In addition to the dangers of smoking during pregnancy and the risks associated with second-hand smoke, if you smoke tobacco during the months that your baby is breastfeeding, nicotine and other harmful chemicals can enter the baby through your breast milk.

Once born, if your baby is exposed to second-hand tobacco smoke, your baby may experience any of the following:

- SIDS
- Respiratory diseases, such as asthma, bronchitis and pneumonia
- Ear infections and hearing loss
- Heart and circulatory problems
- Poor growth and development

The good news is:

It is never too late to stop smoking tobacco during your pregnancy! No matter how far along you are in your pregnancy, it is better for your baby if you quit. The baby's brain and body will grow better if you stop smoking tobacco.

Talk to your health care provider. Ask for help. Start living healthier for you and your baby today!



© 2006 Kansas Methamphetamine Prevention Project



KANSAS ALLIANCE
FOR DRUG ENDANGERED CHILDREN
Rescue. Defend. Shelter. Support.
Shawnee County

For questions or further information:

Kansas Alliance for Drug Endangered Children-Shawnee County

For further information contact:

Jennifer Gassmann at 785-221-0424

Email: jgassmann@kcsf.org