

5 Tips to Stop Smoking

During Pregnancy



Each year, nearly 18,000 babies in Indiana are born to women who smoke during pregnancy, ranking Indiana 7th highest in the country.

Quitting or cutting back anytime during pregnancy will help the mother and the baby. Stopping by 20 weeks into the pregnancy can reverse many of the harmful effects on the baby.

If you are pregnant and smoking, or know someone who is, here are some tips that might help.

- 1 BE HONEST AND UP FRONT** with your health care provider about your smoking--they are there to help.
- 2** Despite the health problems for low birth weight babies, some women continue to smoke so that the baby will be smaller and easier to deliver. However, **LOW BIRTH WEIGHT BABIES ARE MORE LIKELY TO HAVE PROBLEMS** after they are born that can cost money and make caring for them much more difficult. These problems can include:
 - Increased crying
 - More ear infections
 - Allergies
 - Breathing problems, such as asthma
- 3** Ask yourself the following question: “How will my life be better if I stop smoking cigarettes?” **LIST AT LEAST THREE BENEFITS** and start working on one.
- 4 QUITTING SMOKING CAN BE VERY DIFFICULT ON YOUR OWN.** Ask someone to quit with you. Ask others not to smoke around you. Leave the room when others smoke.
- 5** For **FREE HELP TO STOP SMOKING**, call the Indiana Tobacco Quitline at 1-800-QUIT-NOW (784-8669).

For more information, contact the Indiana Perinatal Network at www.indianaperinatal.org or 866.338.0825.