

Whether you are trying to become pregnant, you are expecting or you have a newborn, this may be a time when you're focused on what you can do for your health and the health of your baby.

## KNOW THE FACTS

- ◆ Quitting smoking at any stage of your pregnancy has health benefits for you and your baby.
- ◆ For women who want to get pregnant, quitting smoking can be important to your fertility. Women who smoke have a higher risk of never becoming pregnant.
- ◆ Smoking doubles your risk of abnormal bleeding during pregnancy and delivery.
- ◆ Smoking during pregnancy can lead to miscarriage.
- ◆ When an expectant mother quits smoking, the baby will grow better and is less likely to be born prematurely.
- ◆ Children born to women who smoke during pregnancy are at higher risk of respiratory infections, asthma, infantile colic, bone fractures and childhood obesity.
- ◆ Smoking during and after pregnancy increases the risk of sudden infant death syndrome (SIDS).
- ◆ Women will have more energy and breathe more easily when they stop smoking.



## WHAT CAN YOU DO?

**Talk to a health care provider about quitting.**



- ◆ Talking to a medical professional and considering quit support like Tobacco Free Florida can make your quit attempts more successful than doing it alone.
- ◆ Tobacco Free Florida has free tools and services designed to help all tobacco users quit, regardless of insurance status.
- ◆ Tobacco Free Florida's Quit Your Way services include Phone, Group and Web Quit, available to Floridians in every county.
- ◆ Tobacco Free Florida also offers support to help quit e-cigarettes, which are not a safe alternative to smoking.
- ◆ The Tobacco Free Florida toll-free number, 1-877-U-CAN-NOW (877-822-6669), is available 24 hours a day, 7 days a week, and designed to help people looking for information on how to quit.

For more information, visit  
[TobaccoFreeFlorida.com/EmbraceForBoth](https://TobaccoFreeFlorida.com/EmbraceForBoth).



**Florida  
HEALTH**