



NEW MOMS AND MOMS TO BE Let's Talk Tobacco Use

The best time to quit smoking is before your pregnancy. But it's never too late to quit, for your health and your baby's.



Smoking or being around smokers can make it harder to get pregnant.

If you quit, you lower your risk of heart disease, stroke, lung cancer and many other diseases.



Smoking while pregnant can harm the baby's heart and lungs, cause low birth weight, and may even be fatal for the baby.

Babies who are around tobacco smoke are more likely to grow up with breathing problems.



Smoking around a baby can cause Sudden Infant Death Syndrome (SIDS).

For more information, visit

[TobaccoFreeFlorida.com/EmbraceForBoth.](https://TobaccoFreeFlorida.com/EmbraceForBoth)

