



Top 10 Reasons

WHY NOT TO SMOKE WHILE YOU ARE PREGNANT



1. **When you stop smoking, your baby does too!**
2. **You will have a healthier pregnancy**
3. **Your pregnancy and delivery may be easier**
4. **Your baby is more likely to be born at a healthy weight**
5. **Your baby will be less likely to have to stay in the hospital after you go home**
6. **Your baby will be less likely to be stillborn or to die of SIDS (Sudden Infant Death Syndrome)**
7. **Your breast milk will be free of chemicals**
8. **Your baby will be less likely to have allergies, asthma, ear infections, colds, and upper respiratory infections caused by exposure to secondhand smoke**
9. **You can spend the money you'll save on yourself or your baby**
10. **You'll be around to see your child grow up by reducing your risk of disease**

**If you need help to stop smoking for you pregnancy and beyond, call us.
We're here to help you!**