

# 10 FACTS

## You Should Know:

1

**Smoking tobacco affects a pregnant woman's heart and lungs, cutting off the air supply to an unborn baby.**

When a woman smokes, her lungs cannot move oxygen into her body and her heart has more trouble pumping oxygen through her body. Oxygen cannot move across the placenta to let the baby "breathe."

2

**Smoking tobacco during pregnancy can cause a baby to be born too early.**

Tobacco smoking in pregnancy is one of the main causes of a baby being born too early. Being born too early can cause damage to the baby's lungs and can cause brain damage that affects the baby throughout his or her life.

3

**Smoking tobacco during pregnancy can keep a baby from growing in the womb.**

Smoking tobacco during pregnancy can cut off the oxygen and food supply to the baby in your womb, making it hard for the baby to grow. A baby being small at birth can cause a baby to die and can affect the baby's development as he or she gets older.

4

**Babies whose mothers smoke tobacco during pregnancy can suffer nicotine withdrawal right after birth.**

Smoking tobacco during pregnancy can cause a baby to have a hard time responding to its mother. The baby can have "shakes." This will make it hard to comfort the baby and settle him or her down.

5

**Smoking tobacco while breastfeeding can harm your baby.**

Nicotine from tobacco can enter the baby through the mother's breast milk. Also, cigarette ashes can fall and burn the baby, and second hand smoke can enter the baby's lungs.

6

**When a woman smokes tobacco during pregnancy, her baby is more likely to die from crib death.**

A baby whose mother smoked tobacco during pregnancy is many times more likely to die during infancy from crib death than a baby whose mother did not smoke tobacco during pregnancy.

7

**Secondhand smoke can harm a baby both during pregnancy and after the baby is born.**

Tobacco smoke from other people can cause a baby to cough, have trouble breathing, and have a lot of colds and ear infections.

8

**Children whose mothers smoked tobacco during pregnancy can have learning and behavior problems when they get to school.**

Children exposed to tobacco when in the womb are more likely to have trouble paying attention to what you or the teacher says. Learning problems also are more likely.

9

**When a man smokes tobacco, his sperm are harmed so it is more difficult for him to make a baby.**

Tobacco can kill a man's sperm and hurt the sperm's ability to swim to the woman's egg. This makes it more difficult to conceive a baby.

10

**It is never too late to quit smoking during a pregnancy.**

No matter how far along a woman is in her pregnancy, it is much better for the baby if she quits smoking tobacco than if she continues. The baby will have a better chance to develop normally.



**STAY HEALTHY  
During Your Pregnancy**

References from research articles regarding these "10 Facts" can be found at [www.ntiupstream.com](http://www.ntiupstream.com)